EXPERIENCE JAPAN IN NEW YORK CITY

CHOPSTICKS NY™

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What Keeps Japanese Healthy ahd Beautiful

SPECIAL INTERVIEW

Kantaro Nakamura II
(Actor, Kabuki Heir)

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CHOPSTICKS NY™

[May 2009, Vol. 025]

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The themes of the cover of this month's issue are "Health & Beauty" and "Golden Week." To find out more about them, check out page 8- for "Health & Beauty" and page 64 for "Golden Week."

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"I FELT I WAS PART OF THE PHILOSOPHICAL SEARCH WHEN I SAT AND MEDITATED WITH THE *UNSUI*."

—— KANTARO NAKAMURA II

KANTARO NAKAMURA II *Born into a prestigious family of kabuki actors descending from the Edo period, Kantaro Nakamura II started his acting career when he was five years old. As a vital part of the kabuki world, he regularly appears in Kabuki-Za and offshoot productions like Heisei Nakamura-Za, which is organized by his father Kanzaburo Nakamura XVIII. He often works for TV and film and also writes books.*

Some readers might remember his stunning performance in the summer of 2007 in Heisei Nakamura-Za, a kabuki troupe organized by Kanzaburo Nakamura XVIII. At the age of 27, and with a career spanning more than two decades, Kantaro Nakamura II is widening his range while maintaining his solid kabuki background. He plays the Zen master and philosopher Dogen in his new movie, Zen. While visiting New York for a screening, he shared his thoughts on this legendary role and his acting career.*

What do you think is the highlight of *Zen*?

Well, I'm often asked that question, but my answer is "there is no highlight." The film has neither battle scenes and exciting action nor an entertaining aspect. It is like the surface of a serene lake. So, I think there is no particular highlight but room for each viewer to feel and receive in his or her own way.

Your character in this film, Dogen, is extremely influeotial. Were you affected somehow when you morphed yourself into the character?

I actually had a chance to have the same training as hundreds of *unsui* (ascetics) who converge on the 750-year-old Eiheiji Temple to apprentice under the authority of Dogen. I felt something in me was connected to them. Dogen was looking for a certain answer, and I guess he died before finding it, and his apprentices have been searching for the answer for over 700 years. I felt I was part of the philosophical search when I sat and meditated with the *unsui*.

Are there any specific words by Dogen that made an impact on you?

I think "aru ga mama" ("the way it is") is the one. "Aru ga mama" might sound simple, but to keep "aru ga mama" is really hard, I think. As long as we are human, it is natural that we want to give a good impression to others, deceive ourselves, and tell lies

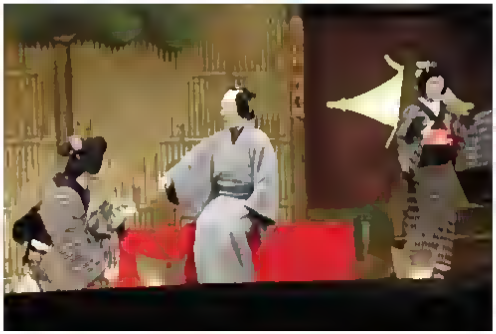
to others. These deceptions and lies accumulate. What Dogen said is that our lives would become so easy if we could take off the accumulated shells one by one and keep "aru ga mama." But it's difficult, isn't it? So, the words "aru ga mama" remain in my mind deeply.

Kabuki is a live performance in front of an audience, but a film is made on a set. Do you change your mindset as an actor depending on the format?
Not really. My attitude toward engaging each character is always same. The only difference is just the matter of performing live or in front of a camera, as you said.

Were there any occasions during the making of *Zen* when the director ordered another take when you thought your performance went very well?
No, not at all. The director knew exactly what he wanted and the way the film should go. Since he had no hesitation, it was easy for me to follow his direction and enter the character. He never said, "You must act like this, like that." Rather, he appreciated how I acted in my own understanding of the character and situation. How should I put it... he was in a way, like Dogen on the set.

I also enjoyed the principal photography very much because there were a lot of theater actors. For example, Tatsuya Fujiwara.** He is one year younger than I am, and we hang out in private actually, and the scenes with him—the one in the garden especially—were enjoyable. After the rehearsal, he suggested that he would like to move around more as his character saw the ghost. The director agreed with him and decided to shoot the entire scene in one long take without any edit points. I liked the feel of live performance on the set.

The Kabuki-Za, a landmark of the Ginza district, will temporary close beginning in April 2010 for renovations. Do you have any special performances planned before closing?
We will have a "Sayonara Kouen" ("Farewell Performance") and play popular Kyogen and the most requested numbers from audiences. Also, we plan to have performances directed by modern theater directors like Hideki Noda and Kankuro Kudo in December. In February 2010, my grandfather's memorial performance will take place. Once it's closed, we will set up Nakamura-Za again.



Kantaro Nakamura II (center) performed at Lincoln Center in the summer of 2007 as a member of famed kabuki theater troupe Heisei Nakamura-Za, lead by his father Kanzaburo Nakamura XVIII. The Nakamura family is one of the most esteemed kabuki heirs since the 17th century.

Would you come to New York then?
Sure. We will do both in Japan and New York.

There are many Japanese words that come from Kabuki jargon. Please tell me about one of them.
Hmm, what would be the best...

"Nimaime," "hanamichi," "mie o kiru"...
Okay, how about "ohako"? "Ohako" refers to what you think you do best from your repertoire. One of the kabuki actors in the Edo period, Danjuro Ichikawa VII, was really good at *aragoto* (brave, superhero-like characters), and he collected eighteen best numbers among many from his *aragoto* repertoire. These became known as "ohako" in the kabuki world, and this is why the word "ohako" is written with the kanji characters for the number eighteen.

I thought "ohako" meant only one signature piece that a person is really good at. But based on its etymology, we have to have eighteen best numbers, don't we?
Yes. You do have to collect eighteen!

——Interview by *Noriko Komura*

*Kabuki is a highly stylized, male-only form of theater founded and developed during the Edo period (1603-1867).

**This Japanese actor is internationally known for his starring roles in *Battle Royale* (2000) and *Death Note* (2006), as well as his performances in theater productions by world-renowned theater director Yukio Ninagawa.

ZEN (2009)

Zen depicts the life of legendary Zen master Dogen, influential philosopher and founder of Soto-Shu, the dominant form of Zen Buddhism in Japan. The film also offers an introduction to Zen Buddhism, which has significantly influenced both Eastern and Western cultures but is little understood.

Director/ Screenplay: Takahashi Banmei
Executive Producer/ based on the book by: Otani Tetsuo
Producer: Kanno Satoshi/ Matsuura Shigeji
Cast: Kantaro Nakamura II, Uchida Yuki, Fujiwara Tatsuya

© 2009 Zen Production Committee

Product

Help the Planet Heal, One Sushi Tray At a Time

Eco Sushi Tray made with PLA Corn Plastic will support food business' green choice.

Green is the new black. All businesses are finding ways to adapt their product to the blossoming eco-market. The food industry is especially eager to deliver organic, GMO free, locally grown edibles. But before landing on your tongue, the food usually sits in petroleum-based plastic containers for a fair period of time.

GreenChoice Vendors works exclusively for restaurants and food service establishments with a green conscience. Their goal is to offer quality, biodegradable and compostable food service products. Starting from the disappointing fact that the recycling program is not as successful as expected, they decided to distribute a new alternative, catered to the Asian food market: the Eco Sushi Tray.

Made of corn grown in the US, and printed exclusively with soy-based inks, the Eco Sushi Tray is a safe, compostable container. It comes from the Earth and returns to it in a fertilizer form. GreenChoice Vendors carries over 200 disposable food service products, from plates made of sugar cane, to custom-printed cups. They offer a wide array of products, ranging from basic utensils to upscale products like bamboo clam-shell deli trays, all conveniently available to your store in a single weekly delivery.

Besides, the obvious and sufficient benefit of preserving your health and protecting the environment, GreenChoice Ventors provides marketing support to help clients spread the word that they have gone green at no additional cost as well as free education on how to consolidate and separate the waste for composting. Their clients also receive preferred pricing through a waste management service in NJ.

Be ahead of the curve, protect our planet, heal the economy and devour delicious sushi: what else can we ask for?

GreenChoice Vendors
469 7th Ave., 4th Fl., New York, NY 10018
TEL. 646-706-7726 / www.ecosushitrays.com

Book

You Still Gotta Have Wa

In the 1992 movie *Mr. Baseball*, Tom Selleck's character, a crass American major leaguer, experiences culture shock playing baseball in Japan. It's a fictional example of what happens to arrogant American stars playing the Japanese game. In the 1989 book **You Gotta Have Wa**, author Robert Whiting writes about real-life American players who made the same difficult transition Selleck's character endures. It is one of the best non-fiction accounts of not only Japanese baseball, but Japanese society.

This year marks the twentieth anniversary of You Gotta Have Wa, and Vintage Books has re-released it with an updated introduction and afterword. Part baseball guide, part historical reference, part philosophical treatise, You Gotta Have Wa focuses on American players who, like Selleck's character, were at the end of their MLB careers and couldn't (or wouldn't) fit into the Japanese system that sometimes discriminated against them.

Whiting, an American living in Tokyo, has the cross-cultural experience to describe how baseball parallels the uniquely Japanese concept of group harmony, or wa. The group is always more important than the individual. Wa baffled the Americans Whiting interviewed because individuality is encouraged in American society.

Since the book was first published, baseball has undergone many changes. Ichiro is a household name, several Japanese have made significant contributions to World Series teams, and Japan has won both World Baseball Classic titles. If you want stories about Ichiro and Dice-K, you won't find them in this book. However, you will get an informative look at the history of Japanese baseball and hilarious anecdotes about the game.

You Gotta Have Wa is an engaging volume about the American pastime played the Japanese way. Even if you're not interested in the game, you'll enjoy this book. Forget *Mr. Baseball*; You Gotta Have Wa is all you gotta have.

You Gotta Have Wa Written by Robert Whiting. Published by Vintage Books.

Show Room & Shop

The Epicenter of Japanese Culture: "Japanese Culinary Center"

Mutual Trading has served as a distributor of Japanese food products and kitchen utencils and devices in America for the last 80 years. It recently opened a new showroom in Manhattan and offers anything and everything necessary for the restaurant business, from high quality knives to machines for making homemade tofu, soba and yuba, sushi-producing robots, new style dinnerware and traditional pottery. This showroom can be called a kitchen goods wonderland! It set out to target industry insiders such as chefs and restaurant managers, but non professionals are welcome to visit as well. You can make purchases as small as just one item.

"Right now is the period when new styles of Japanese foods are born in New York and spread throughout the world. If we can make it here we can make it anywhere! I would like this showroom to act as a 'Japanese Culinary Center' where we work toward the popularization of Japanese food." This is how Deputy President of **New York Mutual Trading**, Kosei Yamamoto, describes the purpose of establishing the Manhattan showroom. There actually is a test kitchen, where tasting events for dishes using new ingredients and samplings of local sake and shochu, as well as seminars about Japanese cuisine, are planned to be held for both professionals and the general public. Says Yamamoto, "We want to put effort into introducing not only Japanese food, but Japanese culture itself." At the showroom, people can buy distinctive knick-knacks for the home, Japanese-style greeting cards and other clever gifts. Through a partnership with the Kyoto Traditional Crafts Association, Kyoto-style traditional goods are also sold. Even those not interested in cooking can surely find something to their liking!

New York Mutual Trading, Inc.
Japanese Culinary Center
711 3rd Ave.
(On 45th St. bet. 2nd & 3rd Aves.)
New York, NY 10018
TEL. 212-661-3333

From Japan

Bringing Kimono Beauty to the World

Yuuzen-dyed kimonos and nishijin brocade obis are longed for by Japanese women. Their elegant and sophisticated patterns and top quality weaving enrich the feeling of those who wear them.

Yuuzen-dyed fabric and nishijin brocade have received great international acclaim. Last fall, a luxury French brand made a contract with a yuuzen vendor to produce and sell bags. Even the First Lady Michelle Obama chose the dress with yuuzen patterns for an event in January. Up until now, these magic yuuzen printing and nishijin brocade patterns were kept secret, but through the Japan Designers Association located in Kyoto, 10,000 of these items have become available on the Internet.

Internet sales will be for 10,000 of the about 50,000 kimono pattern designs that the Association manages. Usually the copyright on kimono designs belongs to the designer, and for over 20 years textile and yuuzen printing manufacturers have purchased exclusive design rights. The 10,000 items currently being sold are ones whose design rights have expired. The homepage is in English and contains easily understood categories such as "wa (Japan, harmony)", "genjiguruma (Genji carnage)" and "doubutsu (animal)" that allow even those who are not familiar with yuuzen or nishijin to be able to search easily. The Association plans to upload all 10,000 of the patterns by June. These patterns are not just for fashion, but of course can also be applied to things like household appliances and architecture. In the future, with the fusion of different cultures and Japan's traditions, it is expected that many unique products will be born.

Info: www.nichizu.or.jp
For design Archive: www.kyotodesign.jp

Via picture descriptions that use 281 trillion colors to be able to express three-dimensionality and brush-like texture, digitalization of the patterns became possible and enabled Internet sales.

KAIKOKU (開国)

The Sweet Smell of Exoticism: Celebrating 150 Years of Modernization

With over 3.6 million residents, Yokohama is the second most populated city in Japan after Tokyo. Although it adjoins Tokyo, the city of Yokohama has its own unique identity that is quite different from that of Tokyo. As in other port cities, you can see and feel a mixture of exotic elements from foreign cultures. Yokohama is international, much more so than Tokyo.

In 1859, the Tokugawa shogunate selected Yokohama as one of the Japanese port cities to be opened to certain foreign countries, after about 230 years of national seclusion. Yokohama was more important than other opened port cities because it was closest to Edo, the base of the Tokugawa shogunate. The opening of this port not only influenced Yokohama but also Japan itself. After the event, public opinion was divided between those who supported "kaikoku" (opening the country) and "joui" (defeating foreign powers), and revolutionary sentiments were moving throughout the entire nation, some could accept the new ideology, but some could not. Finally, this led to the Meiji Restoration and the overturning of the government's foundation, driving Japan toward modernization.

The transformation of Yokohama corresponded with the development of modern society during the Meiji Era (1868–1912). As a window to the world, the city imported tons of new items, ideas, and cultures along with the influx of many foreign business people.

Yokohama holds the distinction of being home to many "firsts": the first newspaper was published in Yokohama, the first hotel was opened in Yokohama, the first beer was brewed in Yokohama, and the first ice cream was sold in Yokohama. But the people of Yokohama did not just accept foreign culture as it was, but rather incorporated it into their own Japanese culture. Take "gyu-nabe" (beef hot pot), which was born in Yokohama, for example. Although there was no prior tradition in Japan of eating beef, after Western influences arrived, Japanese started using this new ingredient in the traditional nabe (hot pot) style of cooking. Adding soy sauce, sake, sugar, and other ingredients, natives of Yokohama created a completely new dish. Japanese-style curry also became very popular in Yokohama. The original curry came from India via England, but Japanese people altered its taste to adapt it to the Japanese culinary tradition. Though it originated in China, ramen was said to have developed in Yokohama's Chinatown. As an incubator for new trends within Japan, Yokohama is regarded as a city open to new things, with residents who have a talent for creating new, slightly altered versions of imports. This is one of the reasons Yokohama is often described as chic and refined as well as exotic.

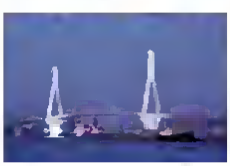
In 2009, Yokohama celebrates the 150th anniversary of the opening of its port. The city will host a five-month-long exposition, "Kaikoku Haku, Expo Y150," from April 28 to September 27. The entire city will be the stage for numerous events and exhibitions, and three main areas will be set up: "Bay Side Area," where people can enjoy interactive exhibitions, theater, events, and dining and shopping with a magnificent view; "Hill Side Area," which allows visitors to see the natural beauty of highly populated Yokohama, and "Mother Port Area," the commercial area that will have special events for visitors. For more information about the exposition, go to the website: http://event.yokohama150.org/en/

If you plan to travel to Japan this year, make sure to visit Yokohama to learn more about the history of Japan's modernization, enjoy the lively atmosphere of the city, and appreciate its unique food.

——Reported by *Nonko Komura*

©Yasufumi Nishi/JNTO

Chinatown is one of Yokohama's landmarks and most popular tourist destination. It was originally founded as the residential area for foreigners.



©JNTO

Yokohama Bay Bridge has been the symbol of the bay area since 1989.

HEALTH & BEAUTY

What Keeps Japanese People Healthy and Beautiful

Japanese are so passionate about exploring healthful products and concepts. Collagen, okara (soybean curd lees), water, and green tea—here is the latest report on what Japanese are crazy about for their health and beauty these days.

FEATURED BEAUTY SALONS AND SPAS

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KYOKO OSAWA OF TERRY MAY CONCEPT FLOWERS

LISTINGS

BEAUTY / HEALTH

What Keeps Japanese People Healthy & Beautiful

Japanese people are widely considered to be very healthy, they are known for their longevity and looking younger than they really are. It is obvious that the Japanese lifestyle and diet play important roles, but another significant factor is the incessant search for healthful products and concepts in Japan. Here, we introduce the latest Japanese health and beauty trends.

Collagen Craze Among Women

These days, the use of collagen—in beauty products, aesthetic treatments, and plastic surgery—has become increasingly popular worldwide. It's not surprising that beauty-conscious Japanese women have embraced this global trend, but you would be shocked to learn how enthusiastic they are about collagen.

Collagen is one of the vital proteins for metabolism in the human body and helps each component of the body connect and retain liquid. It is believed that using cosmetics containing collagen helps to rejuvenate skin, reducing wrinkles and dark spots as well as preventing skin from losing its elasticity. Today in Japan, it is hard to find anti-aging cosmetic products that do not include collagen. But Japanese women are not satisfied with using this anti-aging product only on the outside.

In order to get more of collagen's benefits, they take various collagen supplements. Taking advantage of this trend, food product companies have started marketing drinks and sweets that contain collagen. These have been quite popular, but the most recent and notable hit of the many collagen-related items is "collagen nabe." This is a collagen-rich hot pot dish that comes in two varieties, the first version contains ingredients high in collagen such as chicken wings and pigs' feet, and the other style uses a collagen-rich broth. The latter is more popular than the former because it's easier to make.

After the success of collagen nabe in restaurants, products for making collagen nabe at home, such as "Collagen Dama" and "Collagen Nabe no Moto," have arrived in stores. With its many ingredients and nutrients, nabe itself is a healthful dish, the combination of lots of vegetables and collagen-rich soup is perfect for women who are trying to prevent signs of aging.

Before heating, the soup has a gelatin-like form (left). Once it's heated, it becomes a liquid (right). Collagen nabe allows you to consume an abundance of vegetables and collagen at the same time.

For those who want to take collagen every day, powdered collagen products are available. You can add it to your food while cooking or sprinkle some in your coffee, tea, soup, or yogurt. Most of this collagen is fish based (sometimes called "marine collagen"), which has lately become more common than collagen from other animal sources.

Powdered collagen is now available for cooking

"Collagen Dama" is a ball-shape, jelly-type soup base for adding to your hot pot dish

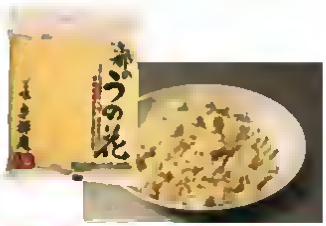
Rediscovering the Power of a Traditional Ingredient "Okara"

Although it is an ingredient that Japanese have traditionally eaten, okara might be unfamiliar to non-Jap

anese It is a by product of tofu and is obtained after soy juice is filtered during the process of making tofu Okara is as nutritious as tofu and actually richer in fiber Isoflavones, one of the nutrients in okara, are known to be good for women Okara is also helpful for preventing osteoporosis and arteriosclerosis.

Although Japanese people have eaten okara as a side dish for years, there was actually a time when okara wasn't very popular because of its short shelf life This all changed with the arrival of the "okara cookie diet " By substituting okara for flour, these cookies are lower in calories and abundant in fiber Since eating a few okara cookies easily fills you up and the cookies' rich fiber helps bowel movements, leading to detoxifying, the okara cookie diet has spread rapidly Also, unlike other diets, people don't have to suffer from feeling hungry Plus, the cookies are tasty as well as portable There is no room for failure

Along with the success of the okara cookie diet, many other okara related products have been developed Long shelf-life okara and dried okara are among them Thanks to these new inventions, Japanese people have begun to use okara for everyday cooking The idea of using okara for Western sweets such as cookies, cupcakes, doughnuts, and hamburgers has also increased the popularity of okara.



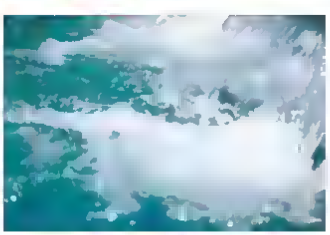
Fresh okara is available in Japanese grocery stores. Since it contains a fair amount of liquid it is necessary to roast before using it for cooking dishes like "U no Hana Ae" the most common dish made with okara

Safe, Tasty, and Healthy Water

It's common knowledge that drinking a lot of water has tremendous health benefits All regions of Japan produce high-quality water, and naturally, people are very conscious about its taste, cleanliness and health benefits. Although the public water-filtration systems are well managed, it is common for Japanese to use household purifiers to make their drinking water cleaner and change its qualities. Some people control the pH balance to create the best water for their specific health problems Also, since there are many atopic dermatitis sufferers in Japan people are conscious of the quality of water for their skin and hair as well

As for bottled water, Contrex, a European brand of water with a high mineral content, is extremely popular among beauty-conscious young women because it is promoted as "diet water." The mineral content is an important factor in choosing bottled water In this regard, "kaiyou shinsou-sui" (deep-ocean water) also appeals to health-conscious Japanese The deep-ocean water contains an abundance of minerals, actually a much higher mineral content than groundwater, and is safe and clean Not only used for drinking water, it is also used for skin care products.

Bottled running water is the latest hit in Japan From left, "Tokyo-Sui" from Tokyo, "Honmaya" from Osaka, and "Asahikawa no Mizu" from Hokkaido.



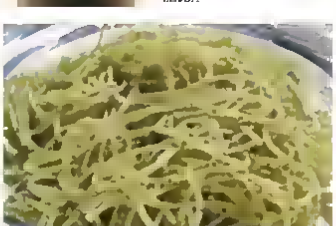
Japan's Ministry of the Environment selects one hundred premium water sources (spring water river water and groundwater) and promotes their high quality

The latest trend in the Japanese bottled water industry is "bottled running water " In order to promote the safety and good taste of their water, many municipal offices have started bottling their running water and selling it These brands, such as "Tokyo-Sui" from Tokyo and "Honmaya" from Osaka, sell very well.

Evolution of Green Tea Products

The health and beauty benefits of green tea are well known and not necessary to discuss here So what is popular with people in green tea's native country? Although Japanese have customarily drunk steeped green tea, they have recently started thinking about eating or drinking the tea leaves themselves on a regular basis. Since matcha, powdered green tea, is too expensive for daily use, some powdered tea appropriate for every day has recently become available. You can sprinkle powdered green tea on pasta, fried rice, and onigiri (rice balls) as well as mix it into tempura batter sweets, and almost anything else For those who like to have freshly ground tea leaves, a tea leaf grinder is on the market now as well

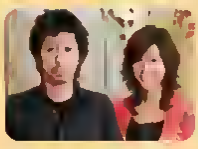
In order to get all the nutrition from green tea, Japanese came up with the idea of grinding tealeaves Ground tealeaves makes it easy to use for cooking Or just sprinkling it on top of the rice and noodles allows you to create an original flavor!



With an uplifting aroma and a bit of bitterness spaghetti with powdered green tea refreshes your taste buds.

Stylish Swinging Hair Naturally Blends With Summer Sun and Breeze

SALON VIJIN



"With this style you don't need to use a hairdryer as it forms itself naturally," says Salon Vijin's chief stylist, Kaz. He produces a sense of three-dimensionality and lightness by adding chestnut brown highlights to the model's straight black hair. The large, loose curls at the ends create an airy volume. The stylist Setsuko handles make-up says, "Because the model has pretty features, I actually don't add much. But beautiful skin is the most important thing. So I took the most amount of time working on her base makeup." Kaz also explains the significance of regular care. "If hair is not healthy with luster, it's impossible to create a good style." At Salon Vijin, water, solutions and hairdryers that employ the strength of negative ions are used. Salon Vijin guarantees not only superficial beauty, but obtaining beauty from the roots.

In looking toward the warm season, Salon Vijin has proposed a natural, feminine, semi-long hairstyle which shines in the sun and flows in the breeze. This kind of airy style is usually difficult for Asian women with straight black hair to produce, but with its perm, cut and color techniques Salon Vijin conquers this problem.
Hair: Kaz / Make-up: Setsuko / Model: Sayuri

Salon Vijin
10 Rockefeller Plaza, Concourse Level, New York, NY 10020
TEL: 212-664-0664 / www.salonvijin.com

STRAIGHT HAIR WITH A GRACEFUL FLOW – NEW JAPANESE STRAIGHTENING PERM

RH Plus Salon

RH Plus Salon offers a new style of hair straightening treatment that goes one step beyond just relaxing the hair. Conventional treatment solution gives you pin-straight hair and while the results are stunning, some clients prefer a more natural look. Their new treatment solution, Liscio Crystal Straight Lotion containing Aqua CMC and honey oil, moisturizes the hair and brings it to life. Depending on your desired finish, they can customize the treatment solution for you. Aftercare is vital in maintaining beautiful hair and Clay Esthe Pack cleanses the scalp, giving it a healthy boost with rich minerals. This treatment will dazzle you with gorgeous hair that blows naturally in the wind!

A complimentary Clay Esthe Pack (reg. $28) is offered with a full straightening treatment during the month of May. Hair loses its amino acids after perm and color treatments. Using this product for 2 weeks after straightening keeps the hair healthy and sustains the perm longer.

RH Plus Salon
805 3rd Ave., 2nd Fl (bet. 49th & 50th Sts.) New York, NY 10022
TEL: 212-644-8058
www.rhplusny.com
rhplusny@verizon.net
Mon-Fri: 10am-8pm Sat-Sun: 10am-6pm
Cut: Men $50 Women $60-70

BEST 30 HAIR SALON IN AMERICA
— *The New York Times*

601 MADISON AVE., 5FL
(BET. 57TH & 58TH STS) NEW YORK, NY 10022
212.838.3454
WWW.EIJI-NEWYORK.COM
WWW.HIROO-WORKS.COM

SHIATSU: A TOUCH OF HEALTH AND BEAUTY

iDo Holistic Center

Every woman deserves a session at the **iDo Holistic Center** where the experience begins with a pre-treatment relaxation, followed by a one hour deep tissue massage addressing any number of aesthetic or health concerns and, before the package is completed with a relaxing cup of green tea, an additional massage option. Among five choices such as facial shiatsu, zen stretch, immune boost, reflexology, and reiki, most people select either a facial or reflexology add-on. I tried both!

Facial shiatsu addresses concerns plaguing almost any woman these days: eyestrain and tightened neck muscles from prevalent computer usage, headaches and stress and, for some, migraines. Ladies, you'll also be happy to know that the facial shiatsu lifts up the cheeks and reduces wrinkles. As the masseuse's hands began applying pressure to my scalp, working down systematically around the eyes and to the back of the neck, I saw my lists of things-to-do, people-to-call and emails-to-send gradually disappear, leaving me to drift off into pure relaxation, the kind you only experience during those rare, truly good nights' sleep. Afterward, I saw colors more vividly and my cheeks were pink and rosy – in a natural way, without any make-up.

Every working woman – or one who likes to wear high heeled shoes – owes it to her herself – and to her feet! – to also enjoy the reflexology treatment which reduces swelling, releases tension and infuses your body with the energy lost throughout the day. We underappreciate our feet which work hard every day to support our entire weight. Although I am very ticklish and cannot last through a pedicure without laughing and twitching, I was able to completely relax here and leave my feet in the reliable hands of iDo Holistic Center's licensed professionals – a surprising and pleasant first!

The stress, pressure and tension of living in New York City adversely affect our bodies with illness and fatigue. There is no better way to heal yourself from the inside out than to visit the iDo Center and say "I do!" to a healthy and beautiful you.

—Reported by *Lisa Binzen*

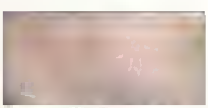
During the facial shiatsu (above) pressure points on the scalp, face and neck are stimulated for health and beauty benefits. Reflexology (below) can reveal the condition of the internal body systems through the pressure points at the bottom of the feet.

iDo Holistic Center
9 E. 45th St., 8th Fl. (bet. Madison & 5th Aves.)
New York, NY 10017
TEL. 212-599-5300 / www.herbjapan.com
Authentic Shiatsu $80 (60 min) Aroma Shiatsu $90 (60 min) Deep Tissue Massage $90 (60 min) Swedish Massage $90 (60 min) Combination Treatments +$30(15 min)

SAY BYE-BYE TO UNWANTED HAIR PERMANENT SOLUTION FOR HAIR REMOVAL

New York Electrolysis Office

Electrolysis is the only permanent hair removal method approved by the FDA. **NY Electrolysis Office** provides comprehensive permanent hair removal by a highly trained Japanese electrologist who is a board certified and licensed electrologist, specializing in difficult cases for all genders. She employs the rare two-handed technique that removes twice as much hair in the same amount of time, and her unique qualification has earned her a lecturer position at a convention for electrologists. She also uses the latest equipment with 24K gold and insulated needles to ease the pain during procedures and shorten the healing time. With her flawless technique and superior equipment, electrolysis is an excellent option for people of all skin types.



"I have very sensitive skin and used to get razor bumps after shaving daily."

"Now I'm totally blissfully bump free and looking great. The results have been amazing!" - Elissa

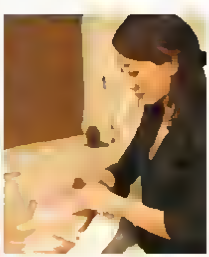
New York Electrolysis Office
853 Broadway Suite 1016 (at 14th St.)
New York, NY 10003
TEL. 917-210-4388
www.electrolysisny.com
nyelectrolysis@gmail.com
Tue. Thu. 9am-8pm Sat. 8am-5pm
15min. $50 30min. $70
Free consultation and 10% discount for the first visit.

THE HIGHEST AESTHETICS CARE - BEAUTIFY YOURSELF WITH THE POWER OF NATURE

SHIZUKA New York Day Spa

Renowned for their courteous and thorough aesthetic care, **Shizuka New York** offers a wide variety of skin treatments using their original products. SHIZUKA New York Skincare System was developed by combining Western dermatology with an Eastern holistic approach and contains natural ingredients such as pearl protein, sake, soy as well as spring water collected from Mt. Fuji. For everyday care, Shizuka recommends the Classic Facial to replenish your skin, and for a more intensive repair, the Micro Facial stimulates skin regeneration by deep cleansing the skin and balancing the skin pH. They also offer unique nail care – the Sakura Pedicure and the Nagomi Manicure that treat nails with natural ingredients instead of harsh chemicals.

SHIZUKA New York Skincare System is a progressive line of skincare products that fights the signs of aging and helps maintain a clear complexion. They are hypoallergenic and free of any fragrances or preservatives.



SHIZUKA New York Day Spa
7 W. 51st St. 6th Fl.
(bet. 5th & 6th Aves.)
New York, NY 10019
TEL. 212-644-7400
www.shizukany.com
contact@shizukany.com
Mon. 11am-7pm Tue-Fri. 11am-8pm
Sat. 10am-6pm Sun. 11am-6pm
Facial $110 & up Micro Facial $160
Nagomi Manicure (45 min) $40
Sakura Pedicure (60 min) $60

LET JAPANESE GROCERIES HELP YOU GET READY FOR SUMMER

Sunrise Mart SoHo

With spring here, summer is just around the corner. For most, that means it's time to start working towards that ideal summer body. But before you go out spending a fortune on gyms and salons, try starting simple...and Do not get stressed." advises Ms. Akemi Kato, the manager of **Sunrise Mart** and an avid health promoter. Instead she suggests "thinking of it as an event that comes every year, and have fun with it." Here are some items she recommends that could help you do exactly that without emptying your wallet.

Known as a super food used in NASA, *Quinua* is a grain that's all the range among vegetarians for its protein, and amino acid rich makeup. It's a great product that can be used in all kinds of cooking including miso soup, steamed rice...and even in cake.

Green tea is known to prevent cancer, high blood pressure, high cholesterol, skin blemishes, and even bad breath. *Edible Green* is a powdered green tea containing more vitamins and minerals and less caffeine than drinking brewed green tea. It can be consumed simply as tea, but also as green tea soy milk latte, or used to make green tea ice cream to spice up your nutritional diet.

Seaweed is a staple among Japanese food, which has high nutritional contents, including iodine that's great for the skin. One recent hit in Japan is *Seaweed Noodles*. The crispy textured noodles can be used in anything from salads to soups to sautees.

The newly released *Brown Rice Family Grapefruit Orange Soap* has double effects. Made from all natural ingredients, the dried grapefruit peel in the soap acts as a natural scrub, while the citrus aroma induces weight loss.

Finally, there's the *Pressure Point Sandals*. Even the busiest of people can find time to wear sandals. That's all you have to do with this product for better circulation. You can get reflexology just by walking with them.

Pressure Point Sandals $12.99

Seaweed Noodles $6.49

Edible Green $11.99

Quinua $2.79

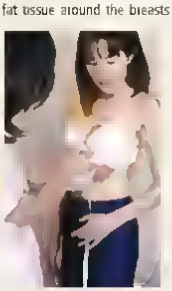
Brown Rice Family Grapefruit Orange Soap $10

Sunrise Mart SoHo
494 Broome St. (bet. Wooster St. & West Broadway)
New York, NY 10013
TEL: 212 219 0033 / www.chopst cksny.com/sunrisesoho

ACCENTUATE YOUR NATURAL BODY LINE WITH BODY SHAPING LINGERIE

Ripplu

It's a common misconception that wearing a tight undergarment slims the body. It not only puts great stress on the internal organs and blocks circulation, but also causes illnesses and body disfigurement. **Ripplu**'s custom fit body-shaping lingerie is the perfect solution for improving your body shape. Their fitting specialists assess your body type and help you choose the best design and size that fits comfortably. For instance, a properly fit bra gathers fat tissue around the breasts and plumps the size naturally. It also enhances posture, and many customers experience relief from migraines and shoulder aches. They also offer alterations for the perfect fit that best supports your body. Feel and look better with Ripplu's custom fit lingerie and get ready for the summer!



Before: The bra does not fit the breast shape. Some breast tissue spills over the side.

After: Even the fat tissue around the breast is contained in the bra, creating a rounder shape and beautiful cleavage.

Ripplu
66 Madison Ave.,
(bet. 27th & 28th Sts.)
New York, NY 10016
TEL: 212-599-2223
www.ripplu.com
info@ripplu.com
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Sun: 11am-6pm

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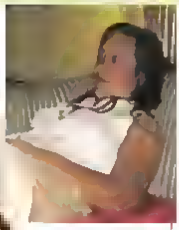
The Dr.Ci Labo Brand has been developed by a Japanese doctor leading the filed of cosmetic dermatology with one firm philosophy: providing solutions to everyone suffering from skin problems.

Japan's #1 Diet is Here!

Lose 9 lbs. in 9 days!
*results may vary



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*Each month for every box ($49) you order you get 9 more packages of Soypal/Soymilk Cookies Free That's 50% OFF! Plus get additional progressive monthly discount up to 30% for a total of 65% OFF!

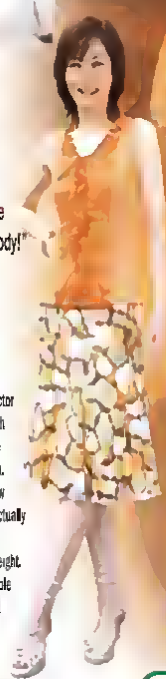
That's only $17.15 per box (9 packs)!

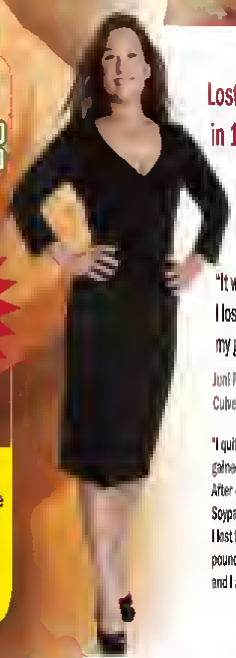
Lost 26 lbs. in 3 months!

"I enjoy my life more with my beautiful body!"

Mayumi Yoshida
Japan

"I tried different diet programs before, but I always gave up because of the hunger factor I was able to continue with Soymilk Cookies because I didn't have that problem. All I had to do was to chew the cookies well which actually made me feel full. I still continued to lose weight. It was so easy! Many people compliment on how great I look, and it's so much fun to dress up."





Lost 15 lbs. in 1 month!

"It was so easy. I lost more than my goal."

Juni Phillips
Culver City CA

"I quit smoking and gained 10 pounds. After 4 weeks on the Soypal Cookie Diet, I lost the unwanted pounds plus 5 more and I am thrilled!"

3 Factors for Better Weight-loss Result!

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Japanese No.1 Diet Cookie.

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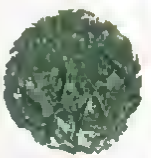
JAPANESE GREEN TEA SPECIALIST FOR GREEN TEA NOVICES AND FANATICS ALIKE

Den's Tea, Inc.

Den's Tea is a prestigious tea trader with over 90 years of history in Japan and their specialists are dedicated to supplying the freshest and the most authentic Japanese green tea in America. If you are new to the world of green tea, the Green Tea Sampler for Novices will make a great introduction to their fine selection. It's only $3 and includes samples from their most popular blends: Sencha Fukamidori, Genmaicha Extra Green, Houjicha Gold and a special seasonal blend in loose tealeaves as well as Sencha and Genmaicha in gourmet tea bags. For optimum flavor, convenient tea filters and brewing instructions are enclosed. Their informative booklet also explains the health benefits of drinking green tea. It's a great resource for information on Japanese green tea and improving your health.



Where To Buy
www.DENSTEA.com

Den's Tea, Inc
2281 W. 205th St. #105,
Torrance, CA 90501
TEL: 877 DENSTEA
(332 7832)

A TASTY DIET OPTION – LOSING WEIGHT IS "SOY" EASY WITH OKARA COOKIES

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One package or about 150 kcal, available in plain, chocolate and sesame seed flavors

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TEL: 1-888-769-6569
www.soypal.com
support@kenkouusainc.com
To order go to website or call.
Discount available for Chopsticks NY readers.
See page 59 for details.

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Where To Buy
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Info/Online Order
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www.sato-pharmaceutical.com

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Otsuka Green Tea is a family owned company established 140 years ago in Shizuoka prefecture of Japan. The climate of Shizuoka is highly conducive for growing tea, and Otsuka's deep-steamed tea with smooth flavor and profound aroma has been awarded the highest rating in numerous appraisals including the Japanese National Tea Contest. Starting this spring, 3 different kinds of their exclusive tealeaves will be available in NY. Super Sencha characterized by its bright green color and lush flavor, Shizuoka Sencha with a refreshing taste and Genmaicha with a rich toasty aroma. The latter two come in a beautiful *temari* tin can. To celebrate their NY launch, a Sencha Filling Event will be held from June 5th through the 7th at Sunrise Mart in SoHo. Don't miss this rare opportunity to experience high quality tealeaves at discounted prices.

Their tea expert will pack the freshest premium tealeaves right before your eyes. ($19.99 in a tin can)

SENCHA FILLING EVENT
Date: June 5 – 7
@ Sunrise Mart SoHo Store

Shizuoka Sencha
($17.49)

Genmaicha
($15.99)

Super Sencha ($11.79)

Where To Buy
Sunrise Mart SoHo Store
494 Broome St. (bet. W. Broadway & Wooster Sts.)
New York, NY 10013
TEL: 212 219-0099

Otsuka Green Tea Co., Ltd
TEL: 81-537-27-1113
www.osei.co.jp

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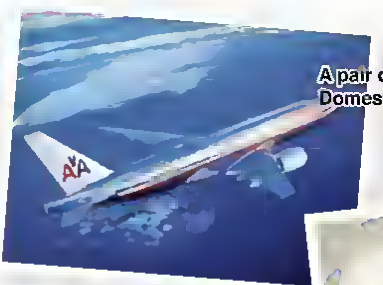

Bread Maker

Yokoso Japan T-shits

www.chopsticksny.com

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TO ENTER To enter the drawing, take our survey at our website. www.chopsticksny.com. Only one entry is allowed per entrant's mailing address.

Prize: Grand Prize one (1) a pair tickets for economy class domestic roundtrip flight, Second Prize one(1) Panasonic bread maker Third Prize thirty (30) Yokoso Japan T-shirts, other Prizes five (5) Chopsticks NY original towgui (Japanese hand towel) two (2) pair Japanese Toe Slippers one(1) pair Sun block Sleeves two(2)Fingerless Fashion Gloves twenty (20) Chopsticks, ten(10) Hand Crafted Torran Ornaments eight (8) Hand Crafted Zori Key Chains Prizes cannot be redeemed for cash DRAWING A total of eighty (80) winners will be selected at the end of survey period in a random drawing from all eligible entrants The grand and second prize winners will be notified by a certified mail phone and/or email (if provided) within two weeks after the drawing If the Grand and second prize winners cannot be contacted in the first attempt Trend Pot NY LLC will make a second attempt If no contact is obtained Trend Pot NY LLC will not make any other attempt Prize for other winners will be mailed with no other contacts If the prize is returned no further attempt will be made and the prize will be forfeited GENERAL TERMS AND CONDITIONS Open to individual legal residents of the United States Void where prohibited by law All federal state and local laws and regulations apply–Trend Pot NY LLC may disqualify any individual it believes to be tampering with the entry process, drawing or operation of this survey or to be acting with intent to annoy abuse threaten or harass any other person By accepting the prize each winner releases Trend Pot NY LLC from all liability/responsibility with respect to the functioning of the prize (including any property loss damage personal injury or death caused)

Beauty Guide

Individual prices are based on the most popular for hair salons and recommended treatment prices for spas

Coupon available at www.chopsticksny.com

HAIR SALON

Upper West — Hoshi Coupe III
2801 Broadway (at 108th St.)
212-663-0660
F $40 M $40-

Upper East — Giovanni-Secchi
1394 Lexington Ave. (bet. 90th & 91st St.)
212-360-5557
F $50 M $35-

Upper East — Michi
201 E. 60th St. (bet. 2nd & 3rd Ave.)
212 752-9229
F $60 M $50-

Upper East — Midoma Salon-Gallery
439 E 75th St. (bet. York & 1st Ave.)
917-432-2567
F 100 M 100-

Upper East — Tamoka Shima Hair Salon
171 E 82nd St. (bet. 3rd & Lexington Ave.)
212 722-9828
F $55- M $50-

Midtown West — Mingle New York
10 W 56th St. 2nd Fl. (bet. 5th & 6th Ave.)
212-459-3320
F $80 M $70-

Midtown West — Mitzu
57 W 57st St. #1204 (at 6th Ave.)
212-757-5360
F $145 M $115

Midtown West — SALON VIJIN

From fabulous cuts to spectacular esthetic straight perms and colorings, Salon Vijin leads the way in hair styling and care for the future. Weekdays 10am-7pm, weekend 10am-6pm. Appointment recommended.
10 Rockefeller Plaza, Concourse Level
212-564-0664 www.salonvijin.com
F $64 M $57

Midtown East — Eiji International
901 Madison Ave 5th Fl (bet 57th &58th St)
212-838-3454
F $125- M $80-

Midtown East — Hair Metes Midtown
114 E. 40th St. (bet. Park & Lexington Ave.)
212-986-2630
F $55 M $50

Midtown East — Hisako Salon
141 E. 47th St. 2nd Fl (Lex. & 3rd)
212 764-7840
F $55- M $45-

Midtown East — Kiara
515 Madison Ave. (at 53rd St.)
212-832-2699
F $49- M $37

Midtown East — Menish
231 E. 53rd St. (bet. 2nd & 3rd Ave.)
212-755-2823
F $45- M $35-

Midtown East — RH Plus Salon
RH+
An inc reas ngly popular salon celebrating 2nd year. In Midtown. Comfortable space w br ght and natural light through large w ndows. Our styl sts are tra ned both in NY & Tokyo and are look ng forward to you v sit. Japanese Stra ghten ng available.
1053 3 d Ave., 2nd Fl. (bet. 59th & 60th St.)
212-644-9058 www.rhplusny.com
F $60- M $50

Midtown East — Momotaro
22 E49th St. 2Fl(bet Madison & Fifth)
212-759-2262
F $60- M $45-

Midtown East — Salon Ishi
20 E. 55th St. (bet. Park and Madison)
212-644-4744
F $67 M $72

Midtown East — Shige Kosuda
141 E 55th St (bet. 3rd & Lexington Ave.)
212 759-2357
F $75 M $50-

Midtown East — Wava 55
1056 2nd Ave (bet. 55th & 56th St.)
212-355-7399
F $50- M $45-

Chelsea — Hisako Salon

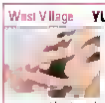
Located in the heart of Chelsea, it is the sister salon to Hisako Salon in Midtown East that has catered to both Japanese and local clientele for over 2 decades. Digital perm available. Walk-ins are always welcome. Opened 7days: Mon--Fri until 8pm.
183 7th Ave. (bet. 20th & 21st St.)
212-989-2233
F $60 M $45

Chelsea — Hoshi Coupe I
259 W. 13th St. (bet. 7th & 8th Ave.)
212-255-0770
F $50- M $50

Chelsea — KIWA Salon
234 W. 27th St. (bet. 7th & 8th Ave.)
212-620-3646
F $55 M $55

Gramercy — Hayato New York
125 E. 23rd St. 2nd Fl. (Park & Lex Ave.)
212-673 7373
F $60- M $60-

West Village — SEI-TOMOKO
142 W. 4th St. (Washington Sq. Pk & 6th Ave.)
212-477-5475
F $35- M $35-

West Village — YUI Salon

Must try HEAD SPA with SHIATSU at this newly opened Hair Salon! Shiatsu massage after the deep scalp cleansing releases muscle tens one and promotes blood circulation to the scalp, neck and shoulders. It makes you look youthful with shiny hair.
323 W. 11th St. (Greenwich & Washington)
212-647-9303 www.yui-salon.com
F $70 M $60-

East Village — Ampersand
242 E 4th St. (bet. Ave A & B)
212 228-3490
F $60 M $50

East Village — Olala
143 Avenue A (bet. 9th & 10th Sts.)
212 777 5252
F 45- M 45-

East Village — Hair Metes Downtown
19 3rd Ave. (bet. 7th & St. Marks Pl.)
212 777-4612
F $45- M $40-

East Village — Hoshi Coupe II
214 E. 9th St. (bet. 2nd & 3rd Ave.)
212-505-9383
F $45- M $40

East Village — i Salon
150 E. 14th St. (at 3rd Ave.)
212-505-0537
F $35- M 31

East Village — K2 Salon
218 E. 10th St. (bet. 1st & 2nd Ave.)
212-260-5198
F $50 M $50-

East Village — Lotus Salon on Ave A
31 Ave. A (bet. 2nd 3rd St.)
212-475-2740
F $70 M $55

East Village — Pirka Salon
233 E. 4th St. (bet. Ave A & B)
212-673-8209
F $80 M $50

East Village — Powder Room
313 E. 9th St. (bet. 1st & 2nd Ave.)
212-677 2020
F $60 M $50

East Village — SEI-TOMOKO
240 E 13th St. (bet. 2nd & 3rd Ave.)
212-533-7613
F $35- M $35-

East Village — SEI-TOMOKO 02
126 E 4th St. (bet. 1st & 2nd Ave.)
212-473-3320
F $35- M $35-

East Village — Yo-C Salon

The owner stylist Yoshi studies funky & edgy styles of Tokyo elegance of Paris and aggressiveness of NY styles and fights individual customer's needs. Shiatsu on all Japanese Straight Perm and cut is $220. Student discount available.
225 E. 5th St. (bet. 2nd & 3rd Ave.)
212-529-0355 www.yo-csalon.com
F $75 M $75

East Village — Ueno Salon
408 E 6th St. (bet. 1st Ave. and Ave. A)
212-505 7773
F $60- M $50-

Lower Mhn — Hoshi Coupe Soho
193 Prince St. (bet. Sullivan St. and 6th Ave.)
212-353-8009
F $100- M $70-

Lower Mhn — Lotus Salon on North Moore
34 North Moore St.(bet. Hudson & Vanck St.)
212-219-3538
F $30 M $70

Lower Mhn — Lotus Salon on Prince st.
7 Prince St. (bet. Elizabeth & Bowery St.)
212-219-3293
F $90 M $75

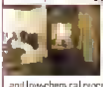
Lower Mhn — Lotus Salon on Reade St.
141 Reade St. (bet. Hudson & Greenwich St.)
212-608-7788
F $100 M $70

Lower Mhn — O Hair
19 Bleecker St. (bet. Mott & Elizabeth St.)
212-614-6729
F $34 M $34

Lower Mhn — Shizen
627 E 6th St. (Bet. Ave B & C)
212-777 2128
F $65 M $65

Lower Mhn — Takamichi Hair
35 Great Jones St. (Lafayette & Bway)
212 420 7979
F $75- M $75-

Lower Mhn — Ueno Salon
219 Mulberry St. (bet. Prince and Spring St.)
212-343 8233
F $65- M $60

Brooklyn — Commune Salon & Gift

Communal is a natural salon and a gift boutique located in Williamsburg. We provide gentle hair services including quality Japanese treatments and low-chemical processes. Our boutique section offers a collection of creative jewelry and accessories.
151 Grand St. (bet. Driggs & Bedford Ave.)
718-384-7412 www.communesalon.com
F $55- M $45-

Upstate — Akane Salon
7 E Hartsdale Ave. Hartsdale, NY 10530
914-946-0218
F $35- M $45-

Upstate — Hair Studio NAKA
267 Halstead Ave. Harrison, NY 10528
914-835-0045
F $60- M $50-

Upstate — Hiro's Hair Salon
95 Purchase St. Rye, NY 10580
914-921-3939
F $60 M $50

Upstate — Monotaro
2 Spencer Pl. 2nd Fl. Scarsdale, NY 10583
914-472-5897
F $60- M $60-

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Upstate	**Salon Susen**	
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Long Island	**Li Wave**	
18 Haven Ave Port Washington NY 11050 516-883-3046		F $40 M $30
New Jersey	**Akane Salon**	
2024 Center Ave Fort Lee NJ 07024 201-461-3644		F $40- M $30-
New Jersey	**Katsuko Salon**	
2039 Lemoine Ave Fort Lee NJ 07024 201-585-9600		F $60 M $40
New Jersey	**Michi**	
585 River Rd Edgewater NJ 07020 201-941-1869		F $50- M $40-
New Jersey	**Salon Tomo**	
1617 Parker Ave Fort Lee NJ 07024 201-346-0501		F $50 M $45
New Jersey	**Tosh Hair Supreme**	
1560 Lemoine Ave Fort Lee NJ 07024 201-461-5642		F $45- M $40

SPA

Upper East	**Tsunami Day Spa**	
206 E 60th St 2Fl (bet 2nd & 3rd Ave) 212-629-5864		$30
Midtown West	**Excy Laser Hair Removal**	
147 W 35th St (bet 6th & 7th Ave) 212-695-1886		Upper lip $50
Midtown West	**Nihon Onsen Spa**	
15 W 44th St 10th Fl (bet 5th & 6th Ave) 212-575-7062		$40-
Midtown West	**SHIZUKA new york**	
7 W 51st St 5th Fl (bet. 5th & 6th Ave) 212-644-7400		$25
Midtown West	**Spadium**	
49 W 32nd St (bet 5th & Broadway) 212-967 3131		$80
Midtown East	**41st Street HealthCere**	
18 E 41st St (bet Madison & 5th Ave) 212-683-0041		Initial $45/hr
Midtown East	**MOONFLOWER SPA**	

Moonflower Spa spacious professional treatments such as microdermabrasion ultrasound treatment deep pore cleansing facial with thorough extraction and aromatherapy elevation Come relax your mind and body We offer the best personal care possible

8 E 41st St 3rd Fl (bet. 5th & Madison Ave) 212-683-8729 www.moonflowerspa.com		$75 /60min
Korea Town	**Aura Wellness Spa**	
43 W 33rd St (bet Broadway & 5th Ave) 212-695-9559		$70-
Chelsea	**Fabylous Living**	

Detox your life with colonics! It eliminates constipation bloating gas and some digestive problems Also offering shiatsu reiki lymphatic drainage and candle A free Foot Detox (reg $30) with your first session with this ad Package discounts available

145 W 28th St 9th Fl (bet 6th & 7th Ave) 212-279-0558 www.fabyloustiving.net		Colonic $130

Chelsea	**Mist Beauty**	

We offer a relaxing Japanese facial that combines lymphatic massage reiki and shiatsu with 15 years of experience Our most popular Omakase custom zed facial provides you a unique experience Also try Eyelash Perm & Tint for long lasting curl and color

145 W 28th St 9th Fl (bet 6th & 7th Ave) 212-643-3447 www.mist-beauty.com		Facial $70/h-
Chelsea	**Supple Spa**	

The romantic spa featured on MTV offers 50min Swedish or Deep Tissue massage with 60min Collagen Facial for $130 ($150 reg) Couple's Massage and our signature Royal Bath Treatment are offered in a private room and mobile spa service is also available

55 W 19th St 2nd Fl (bet 5th & 6th Ave) 212-925-5948 www.supplespa.com		$65/1h
East Village	**New York Electrolysis**	

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853 Broadway #1010 (bet 13th & 14th St) 917 210-4388 www.electrolysisny.com		15m n/ $50–
East Village	**TAMAGO Skincare**	
251 E 13th St (bet 2nd & 3rd Ave) 212-505-1599		$40/h-
Lower Manhattan	**Canna Beauty Center**	
121 Baxter St (bet Canal & Hester St) 212-941-7118		$45/h
Lower Manhattan	**Facial Spa**	
170-172 Canal St #303 (Mott & Elizabeth St) 212-625-5114		$35 /30min
Lower Manhattan	**KSS Beauty Spa**	
197 Centre St (bet. Canal & Hester St) 212-966-0631		$40
Lower Manhattan	**NY Chinatown Nutrition Ctr**	
38 E. Broadway #301 (at Catherine St) 917-422-0310		Weight Loss
Lower Manhattan	**Spring Thyme Wellness**	
75 Nassau St (bet. Fulton & John St) 212-385-4973		$40-
Queens	**este de doronko**	
113-48 Union Tpk. Forest Hills NY 11375 917 886-4004		$60-
Queens	**Spa Castle**	
131-10 131st St (at 11th Ave) 718-939-8300		$35-
Upstate	**este de doronko**	
21 Lake St White Plains NY 10603 917 886-4004		$60-
New Jersey	**King SPA Sauna**	
321 Commercial Ave Palisades Park, NJ 201-947-9955		$35

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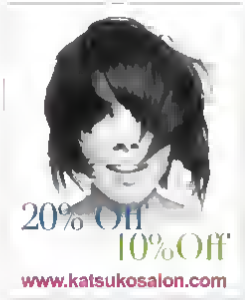

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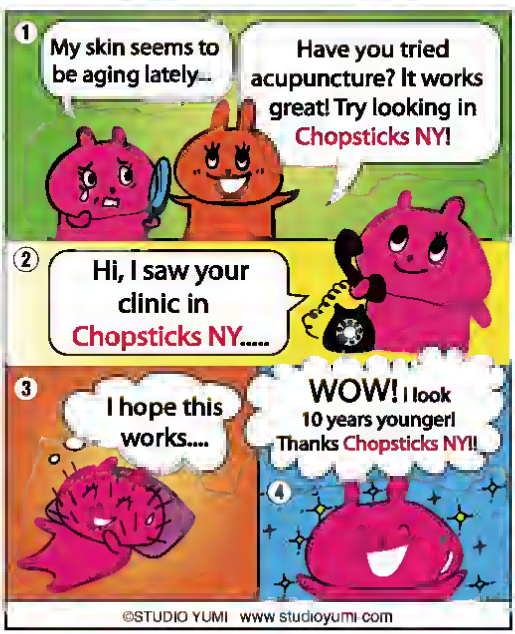
1
My skin seems to be aging lately...
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2
Hi, I saw your clinic in Chopsticks NY.....
3
I hope this works....
WOW! I look 10 years younger! Thanks Chopsticks NY!!
4
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Health Guide

Indicated prices are recommended treatment prices
Coupon available at www.chopsticksny.com

SHIATSU

Upper East — Tsunami
208 E 50th St 2F (bet. 2nd & 3rd Ave) | 212-421-5858 | $90/hr

Midtown West — Salon de Tokyo
200 W 57th St #1308 (at 7th Ave) | 212-757-2167 | $70 /60min

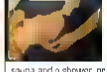
Midtown West — Osaka Health Spa 56
50 W 56th St #2 (bet. 5th & 6th Ave) | 212-956-3422 | $100/hr

Midtown West — Osaka Health Spa 46
37 W. 46th St (bet. 5th & 6th Ave.) | 212-575-4303 | $100/hr

Midtown West — Esprit Wellness
2 W. 45th St. #1708 (bet. 5th &6th Ave.) | 212-354-5976 | $90 /15min

Midtown East — Keokodo Inc
211 E. 53rd St (bet.2nd & 3rd Ave.) | 212-980-0068 | $80 /60m n

Midtown East — IDO HOLISTIC CENTER



Do Holistic Center offers shiatsu massage—traditional Japanese acupressure massage that will relieve you of physical pain and stress. 20 min dry sauna and a shower included with a shiatsu massage. Two-for-one weekend special (sauna & shower) at $105.
5 E. 45th St. 8th Fl. (bet. Madison & 5th Ave.) | 212-599-5300 www.heribajapan.com | $80 /60min

Midtown East — Endo Seitai Shiatsu
18 E. 41st St. 1st Fl. (bet. 5th & Madison) | 212-733-0041 | $70 /30m n

Midtown East — Ease Salon
51 E42 St #1408 (bet. Madison & Vanderbilt) | 212-681-5151 | $40 /25min

Midtown East — Do-in Center
211 E. 43rd St. #1405 (bet. 2nd & 3rd Ave.) | 212-867-9114 | $120/hr

Chelsea — DHASHI INSTITUTE
147 W. 25th St. 6th Fl. (bet. 6th & 7th Ave.) | 800-810-4190 | $45-85 /60m n

East Village — Keisy
229 E. 9th St. 2nd Fl. (bet. 2nd & 3rd Ave.) | 212-253-6171 | $45 /60m n

Lower Mhn — Soho Howard Salon
34 Howard St. 2nd Fl. (Broadway & Crosby) | 212-775-1966 | $50/h

Lower Mhn — Hirai Healing
636 Broadway #1004 (bet. Bleecker & Houston) | 646-203-4333 | $90/h

Lower Mhn — Health Trail CO.
23 Pell St. 2nd Fl. (bet. Mott & Bowery St.) | 212-608-2212 | $80 /50m n

ACUPUNCTURE

Upper West — Dr. Hong
4157 Broadway (bet. 175th & 177th St.) | 646-233-3322 | $60 /30m n

Upper East — Herbal Fairy Spa
225 E. 84th St. #4 (bet. 2nd & 3rd Ave.) | 212-249-3858 | $80 /60min

Midtown West — Yamaguchi Acupuncture

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161 W. 54th St. #21 (bet. 6th & 7th Ave.) | 212-265-7585 www.yamaguchiacupuncture.com | Acupuncture

Midtown West — Risako Blanstein
130 W. 42nd St. #511 (bet. 6th Ave & Bway) | 516-457-3058 | $75/ visit

Midtown West — NY Acupuncture & Herb
250 W. 57th St. #1330 (at Broadway) | 212-262-9338 | $100 /visit

Midtown West — Nihon Medical Group
15 W 44th St. 10th Fl (bet. 5th & 6th Ave.) | 212-575-8810 | $60-

Midtown West — Erlean Chan
119 W 57th St. Suite 511 (6th & 7th Ave.) | 212-974-2660 | $100/h

Midtown East — David L. Zang
14 E. 34th St. 5th Fl (bet. 5th & Madison Ave.) | 212-683-1773 | $50 /50min

Midtown East — Chun Yuen Li
141 E. 56th St. #3D (bet. Lex & 3rd Ave) | 212-750-6384 | $80/ visit

Midtown East — Amy Nature Center
137 E 47th St. (bet. 3rd & Lexington Ave.) | 212-981-7220 | $55/ visit

Midtown East — Acumed Center
150 E. 58th St. #1C (bet. 3rd & Lexington Ave.) | 212-861-6677 | $80/ 60m n

Midtown East — 41st Street HealthCare
18 E. 41st St. (bet. 5th & Madison Ave.) | 212-683-0041 | $80/ 1 20m n

Chelsea — Yoshiko Kamiyama
20 W 20th St. #311 (bet. 5th & 6th Ave.) | 914-954-6804 | Homeopathy

Chelsea — Love & Compassion
48 W. 21st St. 7th Fl. (bet. 5th & 6th Ave.) | 212-242-8701 | $120 /2h

East Village — SuHu Natural Health
1 Union Sq W. #715 (at E 14th St.) | 212-691-8251 | $80/ visit

Queens — Healing Hands
212-33 39th Ave. #240 Bayside, NY 11361 | 516-457-3858 | $80/ visit

Queens — Chun Kei
133-47 Sanford Ave. #1G Flushing, NY 11355 | 718-961-7222 | $50 /45min

Long Island — Kimura Acupuncture
516 Lakeville Rd. New Hyde Park, NY 11040 | 516-775-0778 | $80/acu $40/ear

DOCTOR

Upper East — Fay M. Obsumi MD
117 11 E. 84th St. #1B (Lex & Park Ave.) | 212-288-8121 | Internist

Midtown West — Nihon Medical Group
15 W. 44th St. 10th Fl. (5th & 6th Ave.) | 212-575-8810 | General Clinic

Midtown West — M. Sonoda MD
200 W. 57th St. #905 (at 7th Ave.) | 212-977-9757 | OBGYN

Midtown West — Luis Fujimoto DDS
250 W. 57th St. #2212 (bet. Bway & 8th Ave.) | 212-315-3131 | Dentist

Midtown West — Anshin Medical Center
36 W. 44th St. #308 (bet. 5th & 6th Ave.) | 212-730-9010 | General Clinic

Midtown East — Yamagata Dental
230 Park Ave. #525 (bet. 45th & 46th St.) | 212-867-1188 | Dentist

Midtown East — Oversea Japanese Clinic
11 E. 47th St. 2nd Fl. (bet. Madison & 5th) | 212-223-3777 | General Clinic

Midtown East — Mitsugu Shinmyo
345 E. 37th St. #203 (bet. 1st & 2nd) | 212-867-5700 | Optometrist

Midtown East — Kyo Nakamura DDS
29 E. 46th St. #601 (bet. Madison & 5th Ave.) | 212-486-1121 | Dentist

Midtown East — Hiroshi Kimura
30 East at Pk. S. 30 (bet. 5th & 6th Ave.) | 212-486-1121 | Dentist

Midtown East — Haruyo Fujiwaki PhD
3 E 68th St. (bet. 5th & Madison Ave.) | 212-288-2527 | Psychologist

Midtown East — 41st Street HealthCare

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18 E. 41st St. 1st Fl. (bet. 5th & Madison Ave.) | 212-683-0041 www.41stmd.com | General Clinic

Korea Town — Japanese Medical Practice
55 E. 34th St. 2nd Fl. (bet. Park & Madison) | 212-889-2119 | General Clinic

Chelsea — Haruno Miyamoto SW
354 W 16th St. #3C (bet. 8th & 9th Ave.) | 347-403-3508 | Social Worker

New Jersey — Oversea Japanese NJ
47-49 Halstead Ave. #101 Harrison, NY 10021 | 914-381-8888 | General Clinic

New Jersey — Otsuka Shika
1617 Park Ave. Fort Lee, NJ 07024 | 201-461-0130 | Dentist

New Jersey — New Jersey Clinic
2231 Lemoine Ave. Fort Lee, NJ 07024 | 201-944-1008 | General Clinic

New Jersey — Japanese Women's Center
570 Palisade Ave. 3rd Fl. Teaneck, NJ 07666 | 201-747-2294 | OBGYN

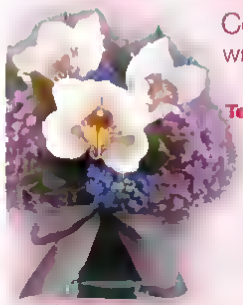
New Jersey — Evergreen Pediatrics
1355 15th St. #130 Fort Lee, NJ 07024 | 201-224-3344 | Pediatrics

New Jersey — Edgewater Family Care
725 River Rd. #202 Edgewater, NJ 07020 | 201-943-4040 | General Clinic

HEALTH PRODUCT

Queens — Metro Pharmacy
41-16 30th Avenue Astoria, NY 11103 | 718-204-1414 | Pharmacy

Illinois — June Bees
1330 St. James St. Palatine, IL 6007 | 800-567-0541 | Health Product



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Saturday 10am-6pm Tel 212-888-0303 info@terrymaynyc.com

ASK THE BEAUTY GURU —VOL.16—

UNIQUE FLOWER CONCEPTS FOR BUSY NEW YORKERS — TERRY MAY CONCEPT FLOWERS

The days of fake-looking plastic flower arrangements are long gone. Owner Kyoko Osawa of Terry May Concept Flowers shares the secrets to choosing beautiful flower arrangements and why her business is unique.

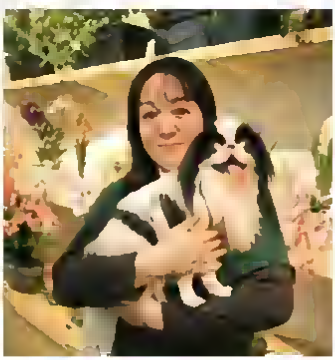
Why did you decide to open a flower shop with mainly artificial flowers?
I have always liked flowers. When I traveled overseas, I found that many of the shops did not have pre-made flower arrangements like in Japan. My shop is located in midtown where everyone is really busy, so I wanted to create a shop where people could just pop in, give us an address and have the flower arrangements delivered without taking up too much of the customer's time.

In Japan, you have a unique "ikebana (flower arrangement)" culture. How is that different from American flower arrangements?
I cannot give one single definition of Japanese ikebana. But there are a lot of meaning of "space" in ikebana. For example, the space between a flower and a branch may have a certain meaning. But the most important point in ikebana is to keep in mind the season. In Japan, the most popular flowers are seasonal or what is just coming into bloom. Just like fruits and vegetables, the flowers have a certain popularity depending on what is coming into season. For example, if it's going to be springtime soon and if you show a cherry blossom, the person will think, "spring is coming, which means that cherry blossoms will bloom soon" and feel really happy.

Americans seem to order flowers regardless of what's in season and tend to order for the occasion. For example, they ask for "cheerful colored" flowers if someone is in the hospital or try to give a romantic impression when buying flowers for a date. Americans seem to like long-lasting flower arrangements that have a big impact with vivid colors. On the other hand, Japanese seem to like flowers arrangements with soft color gradations.

Flowers are quite delicate. What must you pay special attention to when purchasing flowers?
We do not stock bad flowers or low-grade flowers. Low-grade flowers have been sitting in the case and have small and fewer buds. We only use the freshest and highest-grade flowers, and I always tell my staff to use the best flowers first and give the best flowers available to our customers. I think it creates trust with the customers. Most customers look at just the head of the flowers. You should definitely check stem for strong, fresh leaves and for roses, check for stiff thorns which break off easily. These are signs of fresh, healthy flowers.

Mother's Day is coming soon. Do you have any advice for Chopsticks NY readers who will buy flowers?
As long as you have good intentions, then you don't need to buy expensive flowers. My advice is to order your flowers at a real flower shop and not online. Sometimes the flowers you ordered online are not what is actually delivered, or the quality of the flowers is not so good. It is best to order flowers face-to-face. Peonies are popular on Mother's Day. But do not buy ones that are already opened because they die soon. Choose ones that are not quite blooming.



Ms. Osawa and shop mascot Chinie welcome customers into their cheerful flower shop.

Have you ever received a flower delivery and wondered how on earth you are going to carry them home on public transportation? Terry May Concept Flowers came up with an innovative carrying bag for the flower arrangements. The carrying bag includes a specially-designed piece of cardboard so that the arrangement sits steady inside of the plastic bag. Many people receive flower deliveries at their office for birthdays or special occasions. This carrying bag makes it easy to take the flowers home in a taxi or on the train. These unique bags have been a hit with customers!

Terry May Concept Flowers
153 E. 53rd St. (bet. Lexington & 3rd Aves.), New York, NY 10022
TEL: 212 888 0303 / www.terrymayny.com
Mon-Fri: 8am-7pm, Sat: 10am-6pm

FOOD DRINK GROCERY

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JAPANESE CHEF'S HOME STYLE COOKING

FRIED SQUID DUMPLINGS
BY *TOMOKO KATO* (CHA-AN)

CONVERSATION WITH SAKE SOMMELIER

JOSHUA HAKIMI
SAKE – A WINE LOVERS NEW OBSESSION

LISTINGS

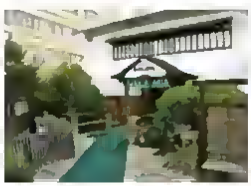
JAPANESE RESTAURANT
OTHER ASIAN RESTAURANT
GROCERY & SAKE

JAPANESE STEAK HOUSE

Inatome Restaurant

6 Fifth St., Valley Stream NY 11581
TEL. 516-872-0415
Mon-Thu: 5pm-9pm, Fri: 5pm-10pm, Sat: 5pm-10:30pm, Sun. 4pm-9pm

After thirty years in business, Long Island's best kept secret, inatome restaurant, has become the heart of the local community that frequent the establishment as an extension of their own dining room. "We have regulars who come and eat here at least twice a week, and we've seen many local kids grow up here. That's why it's important for us to serve our customers with a healthy meal," says the owner Mr. Keiji Inatome, whose parents started the restaurant back in 1975. From using the healthier rice oil and minimum amount of salt, to choosing the most succulent prawns, the highest grade beef, and freshest vegetables in season, this hibachi restaurant is not so much about the show performed over the hot plate, but about the quality of the food as they go to great lengths trying to find the freshest, healthiest ingredients we can get our hands on. But the real secret to this restaurant's popularity is what you pay for all that quality, which is miniscule compared to NYC standards, with items such as Filet Mignon and Lobster dinner for only $34! In the summer time, it's a great place for Manhattanites to stop by after a long day on the beach before returning to the busy city life.



INATOME TASTING MENU

The reservation only Wagyu Special is $100 per person, a hard to beat deal, and must be made a month in advance as the restaurant orders their meats fresh for the occasion. According to chef, the best way to eat wagyu is medium rare to rare.

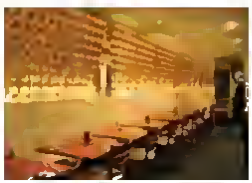
3 Best Sellers

- Inatome Tasting Menu $20-$34
- Filet Mignon $23.95
- Steak and Shrimp $25.95

MACROBIOTIC RAMEN HOUSE

NEW Souen Organic Ramen

326 E. 9th St. (bet. 1st & 2nd Aves.) New York, NY 10003
TEL. 212 388-1155
Mon-Sat: 12pm-11:30pm Sun: 1pm-10:30pm



"Macrobiotic ramen" may sound like an oxymoron, but a brave new restaurant has taken on the challenge. So who is the mastermind? That would be Souen, one of the most respected macrobiotic restaurants in the city. "Since I started the diet seven years ago, I have seen a significant change in my body. I have lost weight, my skin glows, and I have a lot of energy," says the owner who wishes to bring the diet to a wider audience. With this very different approach to macrobiotic diet, this time specializing in the ever so popular Japanese dish, ramen, **Souen Organic Ramen** opened only last month, but its unusual concept has already become the talk of the town. The broth is made with konbu (seaweed) and vegetables and it's delightfully light, yet full of flavor. The wheat and rice based noodles have earthy flavors that are great with the wood ear mushrooms, burdock roots, seaweed and whatever vegetables that are in season that make up the hearty bowl that's reasonably priced, considering everything is organic. The ramen comes in shoyu, miso and original ramens, such as Black sesame ramen, Mucho vege ramen and special ramens of the day for season.

MISO RAMEN

The restaurant has an assortment of healthy dishes other than ramen such as Seitan "Meat" Dumplings and Yuba (tofu skins). Like the vegetables in the ramen, these side dishes change with the season.

3 Best Sellers

- Seitan "Meat" Dumplings $6.50
- Goma "Tofu" $5.50
- Vege Miso Ramen $10.50

JAPANESE

NEW Mumon Restaurant

1300 Franklin Ave., Garden City, NY 11530
TEL. 516-747-3388
Mon-Wed: 11:30am-11pm Thu-Sat: 11:30am-Midnight Sun: 4pm-11pm

If you are a fan of sushi, and you are looking for the best quality out there that won't break your bank, going to Long Island may prove to be worth the trip. **Mumon**, a new restaurant that recently opened in Garden City, was founded by Mr. Kevin Kim who also owns a very successful seafood distribution company that sells top-notch, sushi grade fish to many Japanese restaurants on the East Coast, so if anyone knows about fresh fish, it would be Mr. Kim. "In order to do everything completely authentic and traditional, we have brought in veteran Japanese sushi chefs that have been in the business 30-40 years. We like to think what we offer here is beyond sushi," explains his business partner, Mr. James Kim. Here they recommend different soy sauce to use for sushi and the sashimi while the contemporary, chic interior adds an extra luxurious feel to the fine cuisine. But even if you have a friend that's not so fond of sushi, the restaurant has something for everyone from Pork Chops Cutlet ($24) to Roasted Duck ($28) to enjoy with a variety of their chef's exquisite original sauces like Ginger Miso and Fuji Apple "Oroshi" Ponzu, you can choose to your liking.

EXOTIC PLATTER FOR TWO

The high quality of the fish is apparent right away as it's brought out to the table by the thoroughly trained, friendly wait staff. The restaurant also has a full bar that makes some mean original cocktails. Mumon Martini is a must-have!

3 Best Sellers

- Exotic Platter $50 & up
- Mumon Roll $15
- Grilled Tuna $28

JAPANESE CHEF'S HOME-STYLE COOKING - VOL. 15 -

FRIED SQUID DUMPLINGS

RECIPE COURTESY OF *TOMOKO KATO*

In this corner, Japanese chefs from restaurants in the Tri-State area share their secret recipes of home-style Japanese dishes with you

* * *

As the weather gets milder, you may find yourself wanting to go out for a bento box picnic under the sun. This month we introduce the perfect item for your bento box. This recipe for Fried Squid Dumplings comes from Tomoko Kato, executive chef of Cha-An, a cafe hideout in the East Village that serves traditional Japanese foods with an elegant touch. She gives a new twist to the traditional squid dumpling recipe by mixing in cilantro to create a refreshing, summery flavor. Chef Kato also dresses the dumplings up with a special sauce that makes this comfort food perfect for hors d'oeuvres. "Yamaimo gives a really fluffy texture to the dish, but if you can't find it, you can do without it. To avoid extra labor, you can use frozen squid because it's usually been cleaned already," advises Chef Kato.

Cha-An
230 E. 9th St. (bet. 2nd & 3rd Aves.), New York, NY 10003
TEL. 212-228-8030 / www.chaanteahouse.com

INGREDIENTS (Serves 4 people)

1 pound squid
1 egg
2-inch-long yamaimo*
1/2 bundle cilantro
1 tablespoon usukuchi soy sauce
1 tablespoon sake
1 tablespoon sugar
salt and pepper to taste, oil to fry

[sauce]
4 2 cups dashi broth
1 5 oz usukuchi soy sauce
1 5 oz mirin
katakuri-ko for thickening**
your favorite vegetables for additional color and flavor

* You can find yamaimo in Japanese grocery stores, but if it's hard to find, you can go without it.
**Corn or potato starch can be substituted for katakuri-ko

DIRECTIONS

1. Clean the squid, cut roughly, and put pieces into food processor with sake, salt and pepper.
2. Once the squid becomes smooth, add usukuchi soy sauce, sugar, yamaimo, and egg. Run food processor to mix. [photo A]
3. Take squid paste out of food processor and mix in cilantro. [photo B]
4. Use spoon to drop squid paste into oil at medium high heat to make fried dumplings. The dumplings rise up once they are heated. [photo C]
5. Make sauce. Put dashi broth, usukuchi soy sauce, and mirin into pan and heat to boil. Add vegetables into sauce base and boil.
6. Dissolve katakuri-ko with a little water and add to sauce base for thickening.
7. Arrange fried squid dumplings on plate and pour sauce.

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House Foods

Our Corporate Philosophy: *to bring greater joy to families through our foods*

Indeed, House Foods can help you create your very own home. One that reflects your good taste. Your kitchen defines that warm, cozy, safe feeling of comfort foods. Enjoy our hearty recipe (see right) for savory taste, wonderful health and its economical use of TOFU protein.

Let "Tastes and Comfort" help you to a brighter and peaceful tomorrow!

Premium Tofu Extra Firm

Organic Tofu Extra Firm

House Foods Tofu Sloppy Tom

Ingredients:
1/2 package (6 oz.)
House **Premium Tofu Extra Firm** or
House **Organic Tofu Extra Firm**, drained
2 ounces ground turkey, 1 packet (1.5 oz.) Sloppy Joe seasoning mix
1 can (6 oz.) tomato paste, 4 hamburger buns or 8 Hawaiian bread rolls

Directions:
1. Place House Premium Tofu Extra Firm or House Organic Tofu Extra Firm between several layers of paper towels. Press hard to squeeze out moisture. Place ground turkey and crumbled tofu into a large nonstick skillet.
2. Cook over medium-high heat for 7 to 9 minutes or until turkey is crumbled, no longer pink, and tofu browns. Blend in seasoning, water and tomato paste. Bring to a boil, reduced heat to low and cook, uncovered, 10 minutes stirring occasionally.
3. Divided meat mixture into 4 large portions or 8 small portions. Serve on hamburger buns for bigger appetites and Hawaiian rolls for smaller appetites.

Suggestion: Cut remaining half of House Premium Tofu Extra Firm or House Organic Tofu Extra Firm into 1/4 inch cubes; add to favorite soup and heat through. Serve alone or along with a Sloppy Tom sandwich for a delicious soup and sandwich combo.

For FREE recipes and the benefits of Soy & Tofu: Visit our website **www.house-foods.com** or call 1-800-TRY-TOFU (879-8638)

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Japanese Restaurant Guide

$35 Average price for a dinner entrée and a drink (sake or wine)

Sushi Bar Available | Open for Lunch
M Tu W Th F Sa Su Day Closed | Delivery
Family Dining
Romantic Dining | Local Favorites
Vegetarian Friendly | Business Dinner

Coupon available at **www.chopsticksny.com**

Upper West

Akai Sushi Lounge — $18
507 Columbus Ave (bet. 84th St & 85th St)
212-362-6200

Bai Masa — $69
Time Warner Ctr., 10 Columbus Cir., 4th Fl.
212-823-9800

Cafe SWISH — $25
2353-55 Broadway (bet. 118th & 119th Sts.)
212-222-8588

Gari — $80
370 Columbus Ave (bet. 77th & 78th Sts.)
212-362-4616

Hahu — $25
2425 Broadway (bet. 89th & 90th Sts.)
212-580-2569

Hare — $25
433 Amsterdam Ave (bet. 80th & 81st Sts.)
212-579-5895

Ickie Restaurant — $20
53 W. 106th St. (bet. Manhattan & Columbus)
212-665-4088

Kouzan — $25
1/95 Amsterdam Ave. (93rd St.)
212-280-8080

Masa — $400
Time Warner Ctr., 10 Columbus Cir., 4th Fl.
212-823-9800

Nao Sushi — $26
2238 Broadway (bet. 82nd St. & 83rd St.)
212-799-1003

Planet Sushi — $25
380 Amsterdam Ave. (Corner of 78th St.)
212-712-2162

Sushi A-Ga-Go — $20
1000 Broadway (bet. 83rd & 84th St.)
212-724-7340

Sushi Hana — $35
456 Amsterdam Ave. (bet. 82nd & 83rd St.)
212-874-1076

Tanzan — $32
285 Columbus Ave. (bet. 73rd St. & 74th St.)
212-580-7300

Yuki Sushi — $20
65F Amsterdam Ave. (at 92nd St.)
212-787-8200

Upper East

Aki Sushi — $30
1425 York Ave. (bet. 75th & 76th St.)
212-628-6885

Congen — $54
309 E. 83rd St. (bet. 1st & 2nd Ave.)
212-737-5656

East Japanese — $22
354 E. 86th St. (bet. 1st & 2nd Ave.)
212-734-5270

Geisha — $61
33 E. 61st St. (bet. Park & Madison Ave.)
212-813-1112

Ginza Japanese Restaurant — $20
800 Lexington Ave. (at 62nd St.)
212-888-7838

Haru — $30
1327 3rd Ave. (at 76th St.)
212-452-1028

Haru Saka Bar — $30
1329 3rd Ave. (at 76th St.)
212-452-2230

Ichiro — $30
1694 2nd Ave. (bet. 87th & 88th St.)
212-369-6300

Ikenobana — $25
1016 Lexington Ave. (bet. 72nd & 73rd St.)
212-737-9899

Iron Sushi — $28
365 E. 78th St. (bet. 1st & 2nd Ave.)
212-772-7800

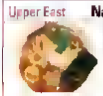
KAI — $100
822 Madison Ave. (bet. 68th & 69th St.)
212-988-7277

Ko Sushi — $31
1329 2nd Ave. (at 70th St.)
212-439-1671

Koto Sushi — $30
310 E. 93rd St. (bet. 1st & 2nd Ave.)
212-427-1216

Mr Ginger — $33
1572 2nd Ave. (bet. 81st & 82nd St.)
212-879-1188

Naruto Ramen



Our signature NARUTO RAMEN is a soy broth based noodle soup topped with boiled eggs, assorted vegetables and thick slices of tender pork. Miso and curry flavored soups also available. Enjoy any ramen for $6.50 on Mondays and GYOZA for $2.50 on Wednesdays.
1596 3rd Ave. (bet. 90th & 90th St.) — $10
212-289-7803

Poke — $30
343 E. 85th St. (bet. 1st & 2nd Ave.)
212-249-0563

Sachi — $30
1350 Madison Ave. (bet. 94th & 95th St.)
212-534-5800

Saha Hana — $18
245 E. 78th St. (bet. 2nd & 3rd Ave.)
212-327-0582

Sasabuna — $85
401 E. 73rd St. (bet. 1st & York Ave.)
212-249-6583

Shabu-Shabu 70 — $37
314 E. 70th St. (bet. 1st & 2nd Ave.)
212-861-5535

Sushi Hana — $30
1501 E. 2nd Ave. (at 78th St.)
212-327-0582

Sushi of Gari — $80
402 E. 78th St. (bet. 1st & York Ave.)
212-517-5340

Sushi Seki — $57
1143 First Ave. (bet. 62nd & 63rd St.)
212-371-0238

Tatani 72 — $20
1400 2nd Ave. (bet. 72nd & 73rd St.)
212-472-1700

Tanzan — $35
1714 2nd Ave. (at 89th St.)
212-369-3600

Teriyaki Boy — $7
1840 3rd Ave. (bet. 31st & 32nd St.)
212-987-7150

Tokuiki 86 — $25
314 E. 86th St. (bet. 1st & 2nd Ave.)
212-628-5334

TORI SHIN

TORI SHIN is not an ordinary Yakitori Restaurant. Chef used Tokyo-style Yakitori is made only with organic chicken from FA. No smoke from the grill with excellent ventilation. Vegetarian dishes available. Weekday Value Set ($20 for 6 skewers) is now available!
1193 1st Ave. (bet. 64th & 65th St.) — $70
212-588-8406

Tsuki Restaurant — $25
1410 First Ave. (bet. 74th & 75th St.)
212-517-8350

Wajima — $40
134 E. 61st St. (bet. Lex. & Park Ave.)
212-813-9065

Wasabi Lobby — $30
1594 2nd Ave. (at 82nd St.)
212-650-8382

YUKA Restaurant — $25
1587 2nd Ave. (bet. 80th & 81st St.)
212-772-9575

Yuka — $28
1531 York Ave. (at 81st St.)
212-988-5800

Midtown West

Aki Sushi — $30
358 W. 52nd St. (bet. 8th & 9th Ave.)
212-262-2388

Aquamarina — $30
713 2nd Ave. (bet. 38th & 39th St.)
212-297-1880

Bamboo 52 — $18
344 W. 52nd St. (bet. 8th Ave. & 9th Ave.)
212-315-2777

Benihana — $30
47 W. 56th St. (bet. 5th & 6th Ave.)
212-581-0999

Blue Ribbon Sushi Bar & Grill — $61
308 W. 58th St. (bet. 8th & 9th Aves.)
212-397-0404

East 56 — $20
253 W. 55th St. (bet. Broadway & 8th Ave.)
212-581-2240

GO! GO! CURRY!

Win Go Go Curry! Eating Championship on 5/20! The prelim rate will be held on 4/25, 30, 5/5, 10, 15 & 20 (6pm-8pm) and the final round will be on live stream. The champion will receive a $500 gift card and $55 meal ticket. Go to website or call for details!
273 W. 38th St. (bet. 7th & 8th Ave.) — $8.5
212-730-5535 www.gogocurryusa.com

Fuji — $25
238 W. 56th St. (bet. Broadway & 8th Ave.)
212-245-7137

Go Sushi — $20
756 5th Ave. (at 51st St.)
212-459-2280

Haru — $35
205 W. 43rd St. (bet. Broadway & 8th Ave.)
212-398-5810

Iroha — $20
152 W. 49th St. (bet. 6th & 7th Ave.)
212-354-8043

Ise 56 — $30
58 W. 56th St. (bet. 5th & 6th Ave.)
212-707-8702

Ishihama — $25
319 5th Ave. (32nd St.)
212-696-0202

Koba Club — $65
68 W. 58th St. (bet. 5th and 6th Ave.)
212-644-5823

Kodama 45 — $30
301 W. 45th St. (bet. 8th & 9th Ave.)
212-582-8065

Koi — $60
40 W. 40th St. (5th & 6th Ave.)
212-921-3330

Kyotofu — $25
705 8th Ave. (bet. 48th & 49th St.)
212-374-1012

Manchanko-Tai — $18
43-45 W. 55th St. (bet. 5th & 6th Ave.)
212-247-1565

Mankuu-Tai — $30
60 W. 56th St. (bet. 5th & 6th Ave.)
212-757-1642

Monster Sushi — $30
22 W. 46th St. (bet. 5th & 6th Ave.)
212-354-7707

Natsumi — $30
226 W. 50th St. (bet. 8th & Broadway)
212-259-2958

NOBU 57 — $100
40 W. 57th St. (bet. 5th & 6th Ave.)
212-757-3000

Omido — $45
1695 Broadway (bet. 53rd & 54th St.)
212-247-6110

Onigashima — $30
43-45 W. 55th St. 2nd Fl. (5th & 6th Ave.)
212-541-7145

Sake Bar Hagi — $30
152 W. 49th St. (bet. 6th & 7th Ave.)
212-764-5545

Sapporo — $13
152 W. 49th St. (bet. 6th & 7th Ave.)
212-869-0972

Shimizu — $50
318 W. 51st St. (bet. 8th & 9th Ave.)
212-581-1581

Soba Nippon — $30
18 W. 52nd St. (bet. 5th & 6th Ave.)
212-489-2525

Sugiyama — $30
251 W. 55th St. (bet. Broadway & 8th Ave.)
212-956-0670

Sushi of Gari 46 — $80
347 W. 46th St. (bet. 8th & 9th Ave.)
212-957-0042

Midtown West **Sushiden**
123 W 43rd St (bet 6th & 7th Ave.) $45
212-[illegible]800

Midtown West **Sushiya**
24 W 56th St (bet. 5th & 6th Ave.) $25
212-247-5756

Midtown West **Tachigui Sobaya**
732 7th Ave. (bet. 48th & 49th St.) $8
212-265-81[illegible]

Midtown West **Teriyaki Boy**
765 9th Ave. (bet. 57th & 58th St.) $7
212-307-9202

Midtown West **Yakitori TOTTO**
251 W. 55th St. (bet. Broadway & 8th Ave.) $40
212-245-4565

Midtown West **Yoshiaoya**
255 W. 42nd St. (bet. 7th & 8th Ave.) $7
212-703-9940

Midtown West **Yummy Sushi**
30 Rockefeller Plaza Concourse Level $7
212-459-2100

Midtown East

Midtown East **212 Fukumatsu**
212 E. 52nd St. (bet. 2nd & 3rd Ave.) $28
212-754-4540

Midtown East **Aburiya Kinosuke**
213 E. 45th St. (bet. 2nd & 3rd Ave.) $51
212-867-5454

Midtown East **Amakusa**
143 E. 47th St. 2nd Fl. (bet. 3rd & Lex. Ave.) $20
212-593-3189

Midtown East **Azusa**
38 E. 44th St. (bet. 5th & Madison Ave.) $25
212 661-0001

Midtown East **Chiyoda Sushi**
16 E. 41st St. (bet. 5th & Madison Ave.) $18
212-400-9990

Midtown East **DONBURI-YA**
137 E. 47th St. (bet. Lexington & 3rd Ave.) $25
212 980 7909

Midtown East **E53 Tanyaki Hausa**
220 E. 53rd St. (bet. 2nd & 3rd Ave.) $20
212 888-6075

Midtown East **Go Sushi**
362 2nd Ave. (at 52nd St.) $25
212-533-3883

Midtown East **Gyu-Kaku**
805 3rd Ave. 2nd Fl. (at 50th St.) $40
212 702-9616

Midtown East **Hakubai**
The Kitano Hotel 66 Park Ave. (at 38th St.) $66
212-885-7111

Midtown East **Haru**
280 Park Ave. (at 48th St.) $35
212 490-9690

Midtown East **Hatsuhana**
17 E. 48th St. (bet. 5th & Madison Ave.) $50
212 355-3345

Midtown East **Hatsuhana Park**

Casual dining experience with authentic and fresh sushi. The combination of premium seafood and rice is sure to please your appetite! A wide variety of appetizers are popular among the Japanese patrons. Enjoy a relaxing time with great food in a cozy atmosphere
237 Park Ave. (at 46th St.) $35
212-661-3400 www.hatsuhana.com

Midtown East **Inagiku**
111 E. 49th St. (bet. Park & Lexington Ave.) $70
212-355-0440

Midtown East **Isa 49**
151 E. 49th St. (bet. Lexington & 3rd Ave.) $25
212 319-7976

Midtown East **Izakaya Ariyoshi**

If you are looking for authentic and refined Izakaya style Japanese food, Ariyoshi is the place to be. Homey atmosphere is perfect to relax and enjoy over 100 kinds of home-style cooking. Fresh ingredients make for a varied daily menu. Open until 4am
226 E. 53rd St. (bet. 2nd & 3rd Ave.) $25
212-319-3940

Midtown East **Izakaya Riki**
141 E. 45th St. (bet. 3rd & Lexington Ave.) $30
212-338-5604

Midtown East **Katsu-hama**
11 E. 47th St. (bet. 5th & Madison Ave.) $18
212 758-5309

Midtown East **Kuruma Zushi**
7 E. 47th St. 2nd Fl. (bet. 5th & Madison Ave.) $110
212-317-2802

Midtown East **Megu Midtown**
#45 UN Plaza (1st Ave. Ret. 47th & 48th St.) $125
212-964-7777

Midtown East **Meachaaka-Tei**
131 E. 45th St. (bet. Lexington & 3rd Ave.) $14
212-986-9405

Midtown East **MOCO**

Check out Moco's amazing Happy Hour. $25 for all you can eat sushi and add tempura $5 for all your can drink. Happy hour is from 5pm-10pm (Mon-Sat) and from 4pm-10pm (Sun). Hours are Mon: 5pm-11pm, Tue & Wed: 5pm-1am, Thu-Sat: 5pm-2am, Sun: 4pm-10pm
516A 3rd Ave. (bet. 34th & 35th St.) $30
212-685-3663

Midtown East **Nada-Sushi**
139 E. 50th St. (bet. Lexington & 3rd Ave.) $25
212-838-2537

Midtown East **Naniwa**
4 E. 49th St. (bet. 5th & Madison Ave.) $30
212-370-4045

Midtown East **Nippan**
155 E. 52nd St. (bet. Lexington & 3rd Ave.) $49
212-759-0228

Midtown East **Oms/b**
156 E. 45th St. (bet. Lexington & 3rd Ave.) $9
212-322-[illegible]

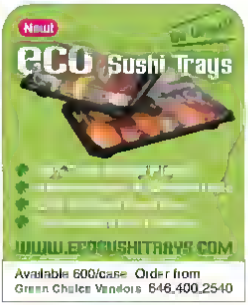
Midtown East **Restaurant SEO**
24 E. 45th St. (bet. 2nd & 3rd Ave.) $40
212 355-7722

Midtown East **Ringo**
205 E.45th St. (bet. 2nd & 3rd Ave.) $50
212-867-4200

Midtown East **SAKAGURA**

Largest sake bar in the world serving over 200 varieties of sake and seasonal daily specials. Homemade soba and lunch set of soba & rice bowl are popular! This amazing hideout situated on the basement level is perfect for couples. Private parties available
211 E. 43rd St. 11F (bet. 2nd & 3rd Ave.) $50
212-953-7253 www.sakagura.com

Midtown East **Shaburi**
125 E. 39th St. (bet. Lexington & Park Ave.) $30
212-867-0899



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Flushing Branch
37-20 37th Avenue Queens, NY 11354
East Village Branch (Specializes in Shio-Ramen and Miso-Ramen)
141 1st Ave (bet. St. Marks & 9th St.) 212-529-2740
Lunch. 12pm-3:30pm Dinner: 4:30pm-1pm
St. Marks Branch (Specialized in Syoyu-Ramen)
34-A St. Marks Pl. (bet. 2nd & 3rd Ave.) 212-387-7559
Lunch. 12pm-4pm, Dinner: 5pm-1am (Sun-Thu) 5pm-2am (Fri & Sat)
WWW.SETAGA-YA.COM

Midtown East **Shinbashi**
7 E 48th St (bet 5th & Madison Ave) $35
212-413-1009

Midtown East **Shochu Bar Hatchan**
210 E 44th St (bet 3rd & 2nd Ave) $30
212-687-5075

Midtown East **Soba TOTTO**
211 E 43rd St 1st Fl (bet 2nd & 3rd Ave) $40
212-557-8200

Midtown East **Sushi ANN**
38 E 51st St (bet Park & Madison Ave) $50
212-755-1780

Midtown East **Sushi Time**
321 2nd Ave (bet 43rd & 44th St) $20
212-687-8663

Midtown East **Sushi Zen**
108 W 44th St (bet 5th & 7th Ave) $70
212-302-0707

Midtown East **Sushiden**
19 E 49th St (bet 5th & Madison Ave) $45
212-758-2700

Midtown East **Take Sushi**
1022 2nd Ave (bet 54th & 55th St) $35
212 355-3557

Midtown East **Tokyo**
342 Lexington Ave (bet 39th & 40th St) $50
212-697-8330

Midtown East **Tsuahima**
141 E. 47th St (bet Lexington & 3rd Ave) $40
212-207-1938

Midtown East **Udan West**
150 E. 46th St (bet Lexington & 3rd Ave) $10
212-922-9677

Midtown East **Washoku Tei**
1007 2nd Ave (bet 53rd & 54th St) $30
212-223-8303

Midtown East **Yakiniku Izakaya Riki**

Serving authentic yakiniku (Japanese BBQ) with several kinds of cuts and wine, sake and shochu in a romantic semi-private dining space. A private basement can accommodates for large parties. Open Monday to Saturday from 6pm until 4am
250 E. 52nd St (bet 2nd & 3rd Ave) $30
212-826-4255

Midtown East **Yakitori East**
210 E. 44th St. (bet 2nd & 3rd Ave) $20
212-697-5075

Midtown East **Torys**

This sister restaurant of Yakitori Totto, Torys is the newest Yakitori spot in Midtown. Menu showcases every imaginable part of chicken, faithfully seasoned and grilled to perfection. Torys also offers innovative dishes as well
243 E 52nd St 2Fl (bet 2nd & 3rd Ave) $44
212 813 1900 www.torysnyc.com

Midtown East **YAMA Restaurant**
308 E. 49th St. (bet 1st & 2nd Ave.) $37
212 355-3370

Midtown East **Yummy Sushi**
575 3rd Ave Food Court, Lower Level $7
212-888-8801

Korea Town

Korea Town **Ichi Umi Restaurant**
18 E 32nd St. (bet. Madison & 5th Ave) $25
212-725-1333

Korea Town **Toyama Sushi**
11 W 30th St (bet. 5th and 6th Ave) $22
212-967-9541

Chelsea

Chelsea **Aki Sushi**
128 W 39th St (bet. Broadway & 7th Ave) $30
212-869-4081

Chelsea **Gaoh Sushi**
300 W 23rd St (bet. 7th & 8th Ave) $20
212-727-0866

Chelsea **ENNJU**
20 E 17th St (bet 5th & Broadway) $10
646-336-2004

Chelsea **Iron Sushi**
440 3rd Ave (bet 30th & 31St St) $29
212-447-5922

Chelsea **Izakaya Ten**
207 10th Ave (bet 22nd & 23rd St) $25
212-627-7777

Chelsea **Matsuri**
369 W 16th St (bet. 9th Ave) $30
212 243-6400

Chelsea **Momoya**
185 7th Ave (at 21st St) $40
212 989-4466

Chelsea **Monstar Sushi**
158 W 23rd St (bet. 6th & 7th Ave.) $30
212-620-0131

Chelsea **MORIMOTO**
88 10th Ave (bet 15th and 16th St) $90
212 989-8883

Chelsea **Naka Naka**
45 W 17th St (bet. 5th & 6th Ave) $50
212-929-6544

Chelsea **Ono**
Gansevoort Hotel 18 9th Ave (at 13th St) $60
212-660-6766

Chelsea **Tahaya**
144 W 15th St (bet. 6th & 7th Ave) $10
212-924-3335

Gramercy

Gramercy **15 EAST**
15 E 15th St (Union Sq W & 5th Ave) $90
212-647-0015

Gramercy **Aji Sushi**
518 3rd Ave (bet. 34th & 35th St) $25
212-686-2001

Gramercy **Aki Sushi**
121 E 27th St (bet Lex. & Park Ave S) $30
212 213-0908

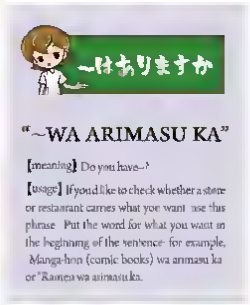
Gramercy **BUTAI**
115 E 19th St (bet. Park Ave & Irving Pl) $38
212 387-7885

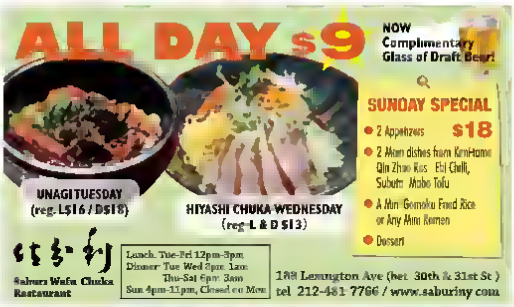
Gramercy **Choshu**
77 Irving Place (at 19th St) $20
212-420 1419

Gramercy **Hamachi**
34 E 20th St (bet Broadway & Park Ave) $17
212 420-8606

Gramercy **Hana**
346 1st Ave (at 20th St) $30
212-508-3880

Gramercy **Hare**
220 Park Ave South (at 18th St) $35
646-429-0669


～はありますか
"～WA ARIMASU KA"
[meaning] Do you have～?
[usage] If you'd like to check whether a store or restaurant carries what you want, use this phrase. Put the word for what you want in the beginning of the sentence: for example, Manga-hon (comic books) wa arimasu ka or "Ramen wa arimasu ka.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Dinner: Tue-Wed 5pm-12am
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Gramercy **JAPONAIS** $65
111 E. 18th St. (bet. Irving Pl. & Park Ave. S.)
212-260-2020

Gramercy **Katten Sushi East** $15
366 3rd Ave. (bet. 26th & 27th St.)
212-889-2328

Gramercy **Mishima** $25
164 Lexington Ave. (bet. 30th & 31St. St.)
212-532 3506

Gramercy **Momokawa** $45
152 E. 28th St. (bet. Lexington & 3rd Ave.)
212-684-7130

Gramercy **SABURI** $25

It is the only restaurant in NY serving Wafu-chuka - Japanese style Chinese cuisine with a healthy twist. A veteran owner chef who worked under the Iron Chef Chinese creates new and refreshing dishes. Enjoy Chinese cuisine like you've never experienced before.
168 Lexington Ave.(bet. 30th & 31st St.)
212-481 7755 www.saburiny.com

Gramercy **Sushi SAMBA** $35
245 Park Ave. South (bet. 19th & 20th St.)
212-475-3377

Gramercy **Sushi Sen-nin** $40
30 E. 33rd St. (bet. Madison & Park Ave. S.)
212-689-2205

Gramercy **Sushi Twist** $30
66 Madison Ave. (bet. 27th & 28th St.)
212-213-2298

Gramercy **YAMA Restaurant** $20
122 E. 17th St. (at Irving Pl.)
212-475-0949

West Village

West Village **aki on west 4** $44

A former chef for the Japanese ambassador to Jamaica cooks excellent Japanese cuisine influenced by Jamaican flavors. Menu emphasizes presentation, originality, color and many dishes feature fruits. The intimate décor with 18 seats makes you feel at home.
181 W. 4th St. (bet. 6th & 7th Ave.)
212-989-5440

West Village **Blue Ribbon Sushi** $51
97 Sullivan St. (bet. Prince & Spring St.)
212-343-0404

West Village **Cho Cha San** $25

A neighborhood restaurant perfect for a get together with friends and family. They offer their dishes in traditional home cooking, including many organic and healthy dishes all affordable prices. Student discount available.
15 West 6th St. (bet. 5th & 6th Ave.)
212-473-3333 www.chochosanrestaurant.com

West Village **Go Sushi** $20
3 Greenwich Ave. (at 9th Ave. & 8th St.)
212-366-3272

West Village **Hakata Tonton** $25
61 Grove St. (bet. 7th Ave. & Bleecker St.)
212-242-9653

West Village **Marumi** $30
546 LaGuardia Pl. (bet. Bleecker & W 3rd St.)
212-979-7055

West Village **Miyabi** $20
121 W. 3rd St. (Macdougal & 6th Ave.)
212-477 2370

West Village **Miyagi** $20
220 W. 13th St. (bet. 7th & Greenwich Ave.)
212-620-3830

West Village **Nagomi** $35
179 Prince St. (Thompson & Sullivan)
212-387-8230

West Village **Rockmaisha** $35
11 Barrow St. (Jet W. 4th St. & Bleeker)
212-675-7775

West Village **Setagaya(Union Sq)** $13
90 University Pl. (bet. 11th & 12th St.)
212 229-1405

West Village **Soto** $45
357 Sixth Ave. (bet. W. 4th & Washington Pl.)
212-414-3088

West Village **Sushi Mamba** $18
256 Bleecker St. (Cornelia St. & Lenny St.)
212-675-5865

West Village **Tomoe Sushi** $30
172 Thompson St. (Bleecker & Houston)
212-777-6346

West Village **YAMA on Carmine St.** $37
38-40 Carmine St. (Bleecker & Bedford)
212-989-5330

East Village

East Village **Ashiya** $15
187 1st Ave. (bet. 10th & 11th St.)
212-505-3348

East Village **Avenue A Asian World** $20

Avenue A Sushi and Main Thai Café are now Avenue A Asian World. Our versatile space offers fresh sushi in a funky ambiance with a large lounge displaying local artworks and true Thai food in a cozy atmosphere. Visit us for a party or a relaxing after-dinner.
103-105 Avenue A (bet. E. 6th & 7th St.)
212-982-8108 / 533-2928

East Village **BOND STREET** $40
6 Bond St. (bet. Broadway & Lafayette St.)
212-777 2500

East Village **Cha-An** $20

Serving a wide variety of traditional Chinese, Japanese and India as well as original sweets created by our pastry chef. Daily Special Set for lunch or dinner goes well with beer or sake. Traditional tea ceremony in Sekka-do (Japanese tea room) is available by reservation.
230 E. 9th St. 2nd Fl. (bet. 2nd & 3rd Ave.)
212-228-8030 www.chaanteahouse.com

East Village **Chiyono** $15
326 E. 6th St. (bet. 1st & 2nd Ave.)
212-673-3984

East Village **Curry-Ya** $20

Your hunger will undoubtedly be satisfied at Curry-Ya. Gourmet Japanese Curry boasts amazingly rich and complex flavors and its aromatic interior and atmosphere makes anyone feel comfortable dining alone or with friends. Lunch Set available from noon to 4 pm.
214 E. 10th St. (bet. 1st & 2nd Ave.)
866-602-8778 www.nycurry-ya.com

East Village **Gyu-Kaku** $40
34 Cooper Sq. (bet. 5th & 6th St.)
212-475-2985

East Village **Hasaki** $35
210 E. 9th St. (bet. 2nd & 3rd Ave.)
212-473-3327

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Find your favorite style from Kambi's original pork, chicken, vegetable and mixed broth with shoyu, miso and sio flavors.

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www.newyorkramen.com 11:30am-11pm

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Sat 5pm-10pm (Dinner)
www.hatsuhana.com

HATSUHANA PARK
237 Park Ave. (bet. 45th & 46th St)
212 661 3400
Mon-Fri 11:45am-2:45pm (Lunch)
5:30pm-10pm (Dinner)
www.hatsuhana.com

East Village **GO Restaurant**

Serving lunch daily from noon! Lunch combo ($9.45) includes udon, salad and a choice of chirashi, unagu salmon ikura or tekka don. Bento box ($7.95) consists of a salmon teriyaki hamburger steak or other entree, Fried shrimp, sake & Sapporo Beer combos only $5!

30 St. Marks Pl (bet. 2nd & 3rd Ave.) $18
212-254-5510

East Village **IPPUDO NY**

65 4th Ave. (bet. 9th & 10th St.) $20
212-388-0088

East Village **Ishkuro**

67 1st Ave. (at 4th St.) $20
212 979-6946

East Village **Japonica**

100 University Pl (at 12th St.) $40
212-243 7752

East Village **JEWEL BAKO**

239 E. 5th St. (bet. 2nd & 3rd Ave.) $45
212 979-1012

East Village **KAMBI RAMEN HOUSE**

Our ramen flavors are inspired by ramen from many regions of Japan like Kumamoto, Hokkaido, Hakata, Kyoto and Tokyo. Find your favorite style from pork, chicken, vegetable and mixed broth with shoyu, miso and salt flavors along with different types of noodles.

351 E. 14th St. (bet. 1st & 2nd Ave.) $15
212-228-1388 www.newyo.kramen.com

East Village **Kasadela**

647 E 11th St. (bet. Ave. B & C) $30
212 777-1582

East Village **Kyo Ya**

94 E. 7th St. (bet. 1st Ave. and Ave. A) $35
212-982-4140

East Village **LAN**

56 3rd Ave. (bet. 10th & 11th St.) $48
212 254-1959

East Village **May's KU E BA**

121 2nd Ave. (bet. 7th & St. Marks St.) $10
347 256-2655

East Village **Mankun-Tei**

93 Cooper Sq. (bet. 7th & St. Marks Pl.) $19
212 228-4152

East Village **MINCA**

536 E. 5th St. (bet. Ave. A & B) $19
212-505-4001

East Village **Natori**

58 St. Marks Pl (bet. 1st & 2nd Ave.) $20
212 533-7711

East Village **Noodle Cafe Zen**

31 St. Marks Pl (bet. 2nd & 3rd Ave.) $12
212 533-8855

East Village **Non**

129 2nd Ave. (bet. 7th and St. Marks Pl) $20
212-777-4626

East Village **OH! Tensha**

9 St. Marks Pl (bet. 2nd & 3rd Ave.) $25
212 673 1300

East Village **Otafuku**

A tiny vendor that sprint Otafuku specializes in popular Japanese comfort food. Takoyaki, octopus dough and Okonomi yaki pancakes as well as Tayaki and Imagawa yaki cakes filled with red bean paste. Our food will make you feel like you are in downtown Tokyo.

230 E. 9th St. (bet. 2nd & 3rd Ave.) $6
212-979-2733

East Village **Rai Rai Ken**

Have you ever seen the movie Tampopo – a Japanese cult movie about sizzling ramen noodle soup? Rai Rai Ken lets you experience the real Tokyo ramen – from MISO. Don't forget our homemade gyoza too. We guarantee the most delightful experience!

214 E. 10th St. (bet. 1st & 2nd Ave.) $15
212-477-7030

East Village **Sake Bar Decibel**

240 E. 9th St. (bet. 2nd & 3rd Ave.) $40
212-979-2733

East Village **Sake Bar Satsko**

202 E. 7th St. (bet. B & C Ave.) $25
212-614-0933

East Village **Sapporo East**

164 1st Ave. (at 10th St.) $17
212 260-1330

East Village **Setagaya (St. Marks Pl.)**

34-A St. Marks Pl. (bet. 2nd & 3rd Ave.) $13
212-477 7353

East Village **Setagaya - E. Village**

#1 Ramen from Tokyo continues to evolve! New location is open in Union Sq. serving Shio, Syoyu & Gyotou ramen. Must try new rich miso flavored broth ramen at E. Village location. For late night cravings visit St. Marks location until 2am on Fri & Sat.

141 1st Ave. (bet. St. Marks & 9th St.) $13
212-529-2740 www.setaga-ya.com

East Village **Shabu-Tatsu**

216 E. 10th St. (bet. 1st & 2nd Ave.) $30
212-477-2372

East Village **Sobakoh**

305 E. 9th St. (bet. 1st & 2nd Ave.) $15
212-254-2244

East Village **SOBAYA**

Making soba by hand daily from high quality buckwheat flour imported from Japan. All natural ingredients make soba a healthy meal. Try Lunch Box $15 with soba, udon, side dishes and dessert. Only special appetizers and sake selection available for dinner.

229 E. 9th St. (bet. 2nd & 3rd Ave.) $20
212-533-0906 www.sobaya-nyc.com

East Village **Souen Ramen**

326 E. 6th St. (bet. 1st & 2nd Ave.) $12
212-388-1155

East Village **Souen Restaurant**

28 E. 13th St. (bet. University Pl. & 5th Ave.) $20
212-627 7150

East Village **Sushi Ariyoshi**

Sushi Ariyoshi is a hidden gem located near Union Square serving Japanese tapas & sushi. The menu includes authentic Japanese dishes as well as innovative dishes with a large selection of appetizers. A fun counter and a wide variety of sake available.

510 Broadway (bet. 11th & 12th St.) $30
212-388-1884

East Village **Sushi Lounge**

132 St. Marks Pl. (bet. 1st Ave & Ave A) $12
212-598-1186

East Village **Tokahechi**

85 Ave. A (bet. 5th & 6th St.) $20
212-505-6524

East Village **Teriyaki Boy**

211 E. 10th St. (bet. 1st & 2nd Ave.) $7
212-677 8058

GRAND OPENING!!

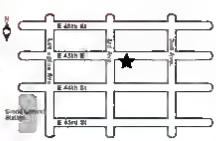
New York Mutual Trading Company will be debuting its Japanese Culinary Center in NYC!!

Japanese Culinary Center

Japanese Culinary Center will offer items such as high quality dishware, knives, sake, and ingredients to the professionals of the culinary world.

We are happy to extend our sincerest of welcomes to any of the professional as well as consumer who may be interested in stopping in to our Japanese Culinary Center.

Open : Wed., April 15th, 2009
Location: 711 3rd Ave. New York, NY 10018
(on 45th St. Bet. 2nd & 3rd Ave.)
Phone : 212-661-3333
Store Hours: Mon – Fri 9AM – 6PM
Sat & Sun, Regular Holidays Closed



*Japanese Culinery Center offers retail prices at the store. Please tell us your restaurant name at the counter and ask wholesale prices.

*Japenese Culinery Center does not sell any alcohol beverages or foods at the store at this time.

New York Mutual Trading, Inc.
www.nymtc.com

East Village **Typhoon**
70 St. Marks Pl. (bet. 1st & 2nd Ave.) $15
212-979-9580

East Village **Udon West**
11 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20

East Village **Uminoie**

Uminoie is a Japanese comfort food restaurant in East Village with over 50 kinds of sake and shochu. All authentic Japanese homestyle dishes are prepared by the owner/chef. Try Goto Udon (udon noodles from Goto Islands of Japan). Now serving shochu desserts.
86 E. 3rd st. (bet. 1st & 2nd Ave) $20
646-654-1122 www.downtownuminoie.com

East Village **Ushiwakamaru**
136 W. Houston St. (bet. Macdougal and Sullivan) $80
212-228-4161

East Village **Village Yokocho**
8 Stuyvesant St. 2Fl. (bet. 9th St. & 3rd Ave.) $20
212 598-3041

East Village **Yakiniku West**
211 E. 9th St. (bet. 2nd & 3rd Ave.) $25
212-979-9238

East Village **Yakitori Taisho**
5 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20
212-228-5046

East Village **Yoshi Sushi**
131 Avenue A (bet. 7th St & St. Marks Pl.) $18
212 420-5309

Lower Manhattan

Lower Mhn **Azabu Sushi**
428 Greenwich (basement of Greenwich Grill) $50
212-274-0428

Lower Mhn **Cube 63**
63 Clinton St. (bet. Stanton & Rivington) $21
212-228-6751

Lower Mhn **EN Japanese Brasserie**
435 Hudson St. (at Leroy St.) $40
212-647-9196

Lower Mhn **Greenwich Grill**
426 Greenwich St. (bet. Vesty & Laight St.) $50
212 274-0426

Lower Mhn **Hnoko's Place**
75 Thompson St. (bet. Spring & Broome St.) $15
212-925-1303

Lower Mhn **Ise Downtown**
56 Pine St. (bet. William & Pearl St.) $38
212 785-4600

Lower Mhn **Keijou**
21 South End Ave. (at W. Thames St.) $25
212 786-9896

Lower Mhn **Kitchen Club**
30 Prince St. (at Mott St.) $35
212 274-0025

Lower Mhn **Matsugen**
241 Church St. (at Leonard St.) $44
212-925-0202

Lower Mhn **MEGU**
62 Thomas St. (Church & W. Broadway) $125
212-964-7777

Lower Mhn **Mottsu**
265 Mott St. (bet. E. Houston & Prince St.) $25
212-343-6017

Lower Mhn **NINJA**
25 Hudson St. (bet. Duane & Reade St.) $35
212-274-8500

Lower Mhn **NOBU**
105 Hudson St. (at Franklin St.) $100
212-219-0500

Lower Mhn **NOBU NEXT DOOR**
105 Hudson St. (Franklin & N. Moore St.) $75
212-334-4445

Lower Mhn **Omen**
113 Thompson St. (bet. Prince and Spring Sts.) $30
212-925-8923

Lower Mhn **Quickly Shabu Shabu**
237B Grand St. (Bowery and Chrystie St.) $13
212-431-0888

Lower Mhn **Rosanjn**
141 Duane St. (bet. Church & W. Broadway) $80
212 346-7999

Lower Mhn **Seckiko's on Clinton**

High-end yet affordable authentic creative Japanese sushi/sake restaurant in the heart of LES with tranquil garden. Cutouts dining. Perfect for private parties business meetings birthday parties and holiday events. Delivery and catering services available.
25 Clinton St. (bet. E. Houston & Stanton St.) $33
212 253 2900 www.sachkosonclinton.com

Lower Mhn **Souen Restaurant**
210 5th Ave. (at Prince St.) $20
212-807 7421

Lower Mhn **Soy**
102 Suffolk St. (bet. Delancy & Rivington) $14
212 253-1198

Lower Mhn **Sutenshi**
24 Peck Slip (bet. Water & Front St.) $20
212 766-2344

Lower Mhn **Takakachi Tribeca**
145 Duane St. (Church & W. Broadway) $35
212-571 1130

Lower Mhn **Tokyo Bar**
277 Church St. (bet. White & Franklin) $25
212-966-2727

Lower Mhn **Tokyo Lunch**
10 John St. (bet. Nassau St. & Broadway) $10
212-809-1394

Lower Mhn **Yoshi Restaurant**
201 E. Houston St. (Orchard St. Ludlow) $18
212 539-0225

Lower Mhn **Yuski**
250 Vesey St. (4 World Financial Center) $12
212-945-3005

Lower Mhn **Zutto**
77 Hudson St. (bet. Jay & Harrison St.) $20
212 233-3277

Brooklyn

Brooklyn **Blue Ribbon Sushi**
278 5th Ave. (bet. 1st St. & Garfield Pl.) $55
718-840-0408

Brooklyn **Bozu**

Japanese fusion tapas restaurant offering homemade infused Japanese spirits and more than 20 varieties of sake. Try our famous sushi bombs which are decorated round sushi. A huge heated patio available! 6pm-12am (Mon-Thu, Sun) 6pm-1am (Fri. & Sat.)
230 Grand St (bet. Havemeyer & Roebling) $30
718-384-7770 www.bozu.com

Brooklyn **Cube 63**
234 Court St. (at Baltic St.) $20
718-243-2201

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Brooklyn **Gaido**
331 Flatbush Ave (on Flatbush Ave.) $20
718-638-8686

Brooklyn **Hibino**
339 Henry St (Grand & Montgomery St.) $35 Su L
718-260-8052

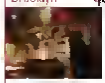
Brooklyn **Iron Chef House**
52 Clark St. (bet. Henry St & Monroe Pl.) $15 L
718-858-4517

Brooklyn **Kappa Sake House**
348 5th Ave. (bet. 9th & 7th Ave.) $30 L
718-832-8970

Brooklyn **Ki Sushi**
122 Smith St (bet. Dean & Pacific Sts.) $30 L
718-935-0575

Brooklyn **Mizu**
192 Bedford Ave.(bet. 6th St & 7th St.) $20 L
718-782-6668

Brooklyn **Osaka**
272 Court St. (bet. Butler & Douglass St.) $30 L
718-643-0044

Brooklyn **qon Rabata Bar**

A mibata- zayaka yo mi has just opened in the chic ne ghbor nood of Will amsburg. It offers vakston, sushi, H tsumabushi oil as well as sake and shochu and ts spa n o makes you feel like you are n old Japan. Sun-Thu 6pm-12am Fr & Sat 6pm-1 m
367 Metropol tan Ave (at Havemeyer St.) $35
718-384-8493

Brooklyn **Sakura 6**
137 Manhattan Ave (Calyer St & Noble) $10 L
718-349-7186

Brooklyn **Sapporo Haru Japanese**
622 Manhattan Ave. (bet. Driggs Ave & Nassau Ave) $16 L
718-389-9721

Brooklyn **Supercora**
305 Bedford Ave (bet. S 1st & S 2nd St.) $20 L
718-302-1629

Brooklyn **Tamari Restaurant**
201 Fifth Ave. (bet.9th St & Berkeley) $20
718-230-5636

Brooklyn **Tara Sushi**
446 Dean St. (bet. 5th Ave & Flatbush Ave) $20 L
718-638-0672

Brooklyn **Tenzan**
7115 18th Ave. (at 71st St.) $30 L
718-621-8238

Brooklyn **Yamato**
168 7th Ave. (bet. Garfield & 1st St.) $18 L
718-640-0099

Brooklyn **Zankichi**
77 N 6th St. (bet. Wythe Ave & Berry St.) $60 M Tu
718-388-8886

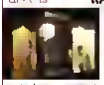
Brooklyn **ZuZu Ramen**
173 4th Ave. (at Degraw St.) $20 M
718-768-9696

Queens

Queens **ARIYOSHI**
41-13 Queens Blvd. (bet. 41st & 42nd St.) $18 L
718-937-9266

Queens **go wasabi**
34-02 30th Ave. (at 34th St.) $23 L
718-204-7354

Queens **Kyoto Sushi**
163-11 Union Turnpike $25 L
718-380-7777

Queens **KATSUNO**

Featuring traditional Japanese dishes in an elegant surrounding with the quality you would expect in the most upscale restaurants in Tokyo. KATSUNO is the latest creation by chef Seiji Inoue of the National Culinary Excellence Medal of
103-01 Metropolitan Ave. Forest Hills, NY 11375 $35 L M
718-575-4033 www.katsunorestaurant.com

Queens **Momiji Restaurant**
37-04 Ditmars Blvd (at 37th St.) $20 L
718-626-0588

Queens **Shiro of Japan Atlas Pk**
80-40 Cooper Ave. (at 80th St.) $20 L
718-326-8704

The Bronx

Bronx **Ohana**

At sea as de haven of the Bronx will have been serv ng only the freshest ngredients w th a fine show for your entertainment. The lounge area has 6 flat screens and all be service. Relax n our elegant settings with marble tables and beautiful shoji screens
900 City Island Av. Bronx, NY 10464 $35
718-885-0700 www.ohanabenihanarestaurant.com

Upstate

Upstate **Hajime**
267 Halstead Ave. Harrison, NY 10528 $30 M
914-777-1543

Upstate **Momiji**
261 Halstead Ave. Harrison, NY 10528 $20 Tu
914-835-1078

Upstate **Nanase**
522 Mamaroneck Ave White Plains, NY 10605 $50 W
914-285-5351

Upstate **Nishi**
473 Ashford Ave. Ardsley, NY 10502 $20 Su L
914-693-2500

Upstate **Noda**
200 Hamilton Ave. White Plains, NY 10601 $25 L
914-949-0500

Upstate **Sakura**
98 Garth Rd. Scarsdale, NY 10583 $30 L
914-723-7717

Upstate **Sakurabana NY**
328 Route 59 Central Nyack, NY 10960 $20 L
845-727-3838

Upstate **Tanto**
859 White Plains Rd. Scarsdale, NY 10583 $10 Su L
914-725-3100

Upstate **Tauru**
255 N Central Ave. Hartsdale, NY 10530 $30 Tu L
914-761-0057

Long Island

Long Island **Akari**
2063 Merrick Rd. Merrick, NY 11566 $20 L
516-378-9965

Long Island **Benihana**
2105 Northern Blvd. Manhasset, NY 11030 $30 L
516-627-3400

Long Island **Benihana**
520 Merchant's Concourse Westbury, NY $30 L
516-222-9001

Long Island **Banbori**
14 Elm St Huntington, NY 11743 $40 L
631-673-0400

Long Island **Inatome Steak House**
6 8th St Valley Stream, NY 11581 $28 L
516-872-0416

Long Island **Isono**
214 Jericho Tpk Floral Park NY 11001 $25 Su L
516-437-4562

Long Island **Roban Restaurant**
201 Merrick Rd Merrick, NY 11566 $30 L
516-223-9200

Long Island **Koiso**
540 Westbury Ave Carle Place NY 11514 $26 L
516-333-3434

Long Island **KuraBon**
479 New York Ave Huntington NY 11743 $30 M L
631-673-0060

Long Island **Kurofune**
77 Commack Rd Commack, NY 11725 $22 Su L
631-499-1075

Long Island **Mumon Japanese Restaurant**

Mumon combines tradit onal Japanese cus ne with modern culinary inspirations. Their veteran chefs set a h gh standard in a ch c and Manhattan style amb ance. They serve lu ch, dinner and can es an unparalleled list of Japanese sakes and fine w nes.

1300 Franklin Ave Garden City NY 11530 $35 L
516-747-3388 www.mumonrestaurant.com

Long Island **Nagashima**
12 A-1 Jericho Tpk Jericho NY 11753 $25 Su L
516-338-0022

Long Island **Sapporo**
3266 Merrick Rd Wantagh NY 11793 $35 L
516-785-9053

Long Island **Son Restaurant**
23 Main Street, Sag Harbor NY 11963 $40 L
631-725-1774

Long Island **Shiro of Japan**
401 Old Country Rd. Carle Place NY 11514 $20 L
516-537-4770

Long Island **SUSHI ICHI**
700 N Country Rd Stonybrook NY 11733 $25 L
631-675-9111

Long Island **TAIKO Restaurant**
15 S Village Ave Rockville Centre NY $20 M L
516-678-6143

Long Island **Taka Sushi**
921 Carman Ave Westbury NY 11590 $20 M L
516-876-0033

Long Island **Take Sushi**
1035 Broadway Woodmere NY 11598 $20 Su L
516-569-3606

Long Island **Tongo**
198 Jericho Tpk, Floral Park, NY 11001 $20 L
516-352-1116

Long Island **Yamaguchi**
63 Main St Port Washington NY 11050 $25 L
516-883-3500

Long Island **Yuki's Palette**
611 Old Country Rd Westbury NY 11590 $25 L
516-334-5009

Long Island **Yuki's Polette Too**
151 Merrick Ave Merrick NY 11566 $25 M L
516-334-5009

New Jersey

New Jersey **Akai Sushi Lounge**
11 N Dean St Englewood, NJ 07631 $18 L
201-541-0083

New Jersey **Aoyama**
1992 Washington Valley Rd Martinsville, NJ $35 M L
732-271-2556

New Jersey **Asahi Japanese**
1475 Jergen sHeff Fort Lee, NJ 07024 $17 Tu L
201-944-5113

New Jersey **Daimatsu**
960 Mountain Ave. Mountainside, NJ 07092 $20 M L
908-233-7999

New Jersey **Higo Batten**
2024 Center Ave Suite J&K Fort Lee $10 L
201-461-6495

New Jersey **ICHIBAN**
775 Bloomfield Ave W Caldwell NJ 07006 $20 L
973-808-7178

New Jersey **Ichiban**
414 Hackensack Ave Hackensack, NJ 07601 $30 L
201-489-0301

New Jersey **Italian Tomato (Mitsuwa)**
595 River Rd Edgewater NJ 07020 $7 L
201-941-8113

New Jersey **Izakaya Don**
971 Palisade Ave Cliffside Park NJ 07010 $25 Tu
201-941-3400

New Jersey **KIKU**
369 Rt. 17 South Paramus NJ 07652 $45 L
201-285-7200

New Jersey **Komegashi**
103 Montgomery St Jersey City NJ 07302 $25 L
201-433-4567

New Jersey **Komegashi too**

Located in waterfront Jersey City Komegashi has the most gorgeous view overlooking Manhattan skyline offers exciting sushi selections. Try our Chirashi Royale - photo shoot pick from chef with selection from Japan and domestic. Only 5 min. PATH from NYC.

99 Town Sq Place Jersey City NJ 07310 $30
201-533-8888 www.komegashi.com

New Jersey **Lounge Zen**
254 Degraw Ave Teaneck NJ 07666 $30 M L
201-692-8585

New Jersey **Masa Sushi & Grill**
81 W Allendale Ave Allendale NJ 0740 $30 L
201-934-6616

New Jersey **Matsushima**
595 River Rd Edgewater NJ 07020 $35 L
201-945-9450

New Jersey **Monster Sushi**
359 Springfield Ave Summit NJ 07901 $25 L
908-598-1100

New Jersey **Pinehill**
123 Paramus Rd Paramus NJ 07652 $20 L
201-843-0170

New Jersey **Princeton Tomo Sushi**

Visit this cozy kitchen and taste some of the most delicate Japanese cuisine around! From truly authentic to delectably creative, everything is prepared with a smile and pass on fine food. Its casual setting and affordable prices make TOMO a rare find.

238 Nassau St Princeton NJ 08540 $20 Su L
609-924-8478 www.princetontomo.com

Mon-Wed 11:30 a.m.-11 p.m.
Thurs-Sat 11:30 a.m.-12 a.m.
Sunday 4 p.m.-11 p.m.
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New Jersey	**Sakuraiana NJ**		
43 Franklin Ave Ridgewood NJ 07450 201-447-6525		$25	M L
New Jersey	**Santohka (Mitsuwa)**		
595 River Rd Edgewater NJ 07020 201-941-1004		$10	L
New Jersey	**Sanuki Sando (Mitsuwa)**		
595 River Rd Edgewater NJ 07020 201-941-9113		$6	L
New Jersey	**Skina**		
481 Anderson Ave Cliffside Park, NJ 07010 201-941-6333		$40	L
New Jersey	**Suga**		
2117 Rt 4 E Round Fort Lee NJ 07024 201-461-8038		$22	Su L
New Jersey	**Tomo's Cuisine**		
113 Rt 23 S Little Falls NJ 07424 973-837-1117		$20	M L
New Jersey	**UKI UKI**		
417 E Binnkerhoff Av Palisades Pk, NJ 07650 201-947-6446		$15	L
New Jersey	**Umeya**		
158 Piermont Rd Cresskill NJ 07626 201-816-0511		$25	M L

Connecticut

Connecticut	**Ahis**		
361 Greenwich Ave Greenwich CT 06830 203-862-9100		$25	L
Connecticut	**Fuji Gardan Steak House**		
215 Liberty St Pawcatuck, CT 06379 860-599-1105		$30	To L
Connecticut	**Kazu**		
64 N Main St Norwalk, CT 06854 203-866-7492		$25	L
Connecticut	**KU**		
65 E Putnam Ave. Cos Cob, CT 06807 203-422-6313		$35	L
Connecticut	**Wasabi Japanese**		
24 S Main St Kent, CT 06757 860-927-0048		$20	L

CAFE

Upper West	**Beard Papa's Upper W.**		
We bake our special choux pastry several times daily and our secret recipe of whipped cream custard is made on the premise. You can taste the difference of our commitment to serve only the freshest cream puffs with the highest quality in every bite.			
2167 Broadway (at 76th St.) 212-799-3770 www.mug nohousa.com		Cream Puffs	
Upper East	**Choux Factory**		
1915 1st Ave (bet 117th & 118th St.) 212-289-2223		Cream Puffs	
Midtown West	**Cafe Zaiya Midtown W.**		
1073 6th Ave (bet. 40th & 41St.) 212-764-6785		Bakery	
Midtown West	**Minamoto Kitchoan**		
608 Fifth Ave.(49th St. bet 5th & 6th) 212-489-3747		Confec-tionery	
Midtown East	**Cafe Zaiya Midtown E.**		
18 E. 41 St (bet. 5th & Madison Ave.) 212-779-0900		Bakery	
Midtown East	**Choux Factory**		
965 1st Ave (bet 49th & 49th St.) 212-223-0730		Cream Puffs	
Midtown East	**Washaku Cafe**		
8 E. 37th St (bet. 5th & Madison Ave.) 212-686 2233		Sushi / Hot deli	
West Village	**Beard Papa's W. Village**		
5 Carmine St (bet. 6th Ave & Bleecker St.) 212-243-6855		Cream Puffs	
East Village	**Beard Papa's Astor Pl.**		
740 Broadway (bet. Astor & Waverly Pl.) 212 353-6868		Cream Puffs	
East Village	**Cafe Zaiya East Village**		
63 Cooper Sq. (at St. Marks St.) 212-253-6700		Bakery	
East Village	**Chikalicious**		
203 E 10th St. (bet 1st & 2nd Ave.) 212 995-9511		Dessert Bar	
Lower Mhn	**Luxee Dessert Cafe**		
6 Clinton St (bet. Houston & Stanton St.) 212 375 1706		Dessert Cafe	
Lower Mhn	**Rheon Cafe**		
149 Spring St (Sullivan & Thompson St.) 212 966 7040		Cafe	
New Jersey	**Gateaux Bakery**		
464 Kinderkamack Rd Ridgefield, NJ 07657 201 634 1131		Bakery	
New Jersey	**Minamoto Kitchoan**		
595 River Rd Edgewater NJ 201 313-9335		Confec-tionery	
New Jersey	**Parisienne**		
250 Main St Fort Lee, NJ 07024 201-592-6676		Bakery	

KARAOKE

Upper East	**Box Snack Riki**	
141 E 45th St 2Fl(bet Lex & 3rd Ave.) 212-599-5512	$10/h $30 mnm	
Upper East	**Box Snack Riki-2**	
250 E 52nd St (bet 2nd & 3rd Ave.) 2F 917 533-0411	$8/h $30 mnm	
Upper East	**Iggy's**	
1452 2nd Ave (bet 75th & 76th St.) 212 927-3043	no charge	
Midtown West	**Japas 55**	
253 W 55th St. (bet. Broadway & 8th Ave.) 212-765-1210	$/h /person	
Midtown East	**Japas 27**	
306 3rd Ave (bet. 26th & 27th St.) 212-683-2329	$8/h /person	
Midtown East	**Japas 38**	
9 E. 38th St (bet 5th & Madison Ave.) 212-679-4040	$8/h /person	
Midtown East	**Karaoke Duet 48**	
304 E. 48th St. (bet. 1st & 2nd Ave.) 212-753-0030	$4/h /person	
Midtown East	**Karaoke Top Tunes**	
303-305 E 53rd St (bet 1st & 2nd Ave) 212 758-3818	$2/song	
Korea Town	**iBop Karaoke**	
25 W 35th St 3rd Fl (bet 5th and 6th Ave.) 646-752-4835	$6/h	
Korea Town	**Karaoke Duet 35**	
53 W 35th St 2nd Fl (bet 5th & 6th Ave.) 646-473-0828	$4/h /person	
Korea Town	**Tinga Tinga Karaoke**	
162 Madison Ave 8th Fl (bet 32nd & 33rd St.) 212-213-0675	$40/h /box	
Korea Town	**Toto Music Studio**	
36 W 32nd St #5 (bet. 5th & 6th Ave.) 212-564-8544	$35/h /box	

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Chelsea **Karaoke Ona7**

We offe the city's largest song select on of over 80 000 n 13 d fferent languages and new songs are added monthly Sing at the bar for $2 per song or sing in a pr vate room for 38/h per person A variety of dr nks available from the bar Drinks are half price during Happy Hour (2pm-7pm) Large party rooms ava lable Call for reservat on Open 7 days from 2pm to 4am (except Mon from 5pm) * May close early on weekdays w/o notice.

29 W 17th St (bet 5th & 6th Ave) $2/song
212-675-3527 www.karaoke17.com

East Village **Lush Lounge**

9 E 13th St (bet 5th Ave & Un versity Pl) 35/h
646-486-3225 /box

East Village **Planet Rosa**

219 Avenue A (bet 13th & 14th St) $2/song
212-353-9500

East Village **Sing Sing (Ave A)**

SING-SING KARAOKE AVENUE A

Among the newest and trendiest mid'umtin on Avenue A, S ng Sing offers n ber lounge and 15 private rooms for karaoke It is a perfect place for a get-together with fr ends after dinner. Large party rooms are ava lable for up to 30 people OPEN 7 DAYS

81 Avenue A (bet 5th & 6th St) $7/h per
212-674-0700 www.karaokesingsing.com person

East Village **Sing Sing (St. Marks)**

SING-SING KARAOKE ST. MARKS

Conveniently located on St Marks Street n the heart of the East Village S ng Sing is a Karaoke lounge with 15 Private Rooms Th s brand new lounge is a great spot for young adults who love to s ng OPEN 7 DAYS 1:00PM-4:00AM Party@karaokesingsing.com

9 St Marks Pl 2nd Fl (bet 2nd & 3rd Ave) $7/h per
212-387-7400 www.karaokesingsing.com person

Lower Mhn **Asia Roma Bar & Lounge**

40 Mulberry St (at Worth St.) no charge
212-385-1133

Lower Mhn **Buy Karaoke Bar**

8 Thompson St 2Fl (bet 9th Ave & Canal St) $30/h
212-334-5490 /box

Korea Town **Gagopa Karaoke**

28 W 32nd St (Broadway & 5th Ave.) $7/h
212-967 5353 /person

Korea Town **Grammy Karaoke**

23 W 32nd St (bet Broadway & 5th Ave.) $5/h
212-625-7171 /person

Korea Town **MK**

11 W 32nd St 5th FL (Broadway & 5th Ave) $40/h
212-564-3436 /room

Korea Town **Radio Star Karaoke**

3 W 35th St (bet 5th & 6th Ave) $25/h
212-564-2520 /person

East Village **Second on Second Karaoke**

27 2nd Ave (at 1st St.) $50/h
212-473-2922 /room

Lower Mhn **Mott Karaoke Lounge**

43 Mott St (bet Bayard St & Pell St) min $20
212-693-0004 /person

bozu

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Brooklyn NY 11211
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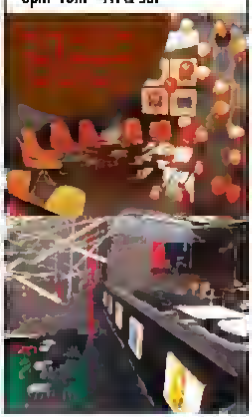

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Food Emporium at 68th St
Gristede's at 96th St
Gristede's at 86th St
Gristede's at 84th St
Gristede's at 65th St
Gristede's at 103rd St

UPPER EAST SIDE
Food Emporium at 82nd St
Food Emporium at 67th St
Food Emporium at 63rd St
Gristede's at 78th St
Gristede's at 89th St
Gristede's at 87th St
Gristede's at 65th St

MIDTOWN EAST
Food Emporium at 32nd St
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CHELSEA & GRAMERCY
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Gristede's at W 24th St
Gristede's at W 26th St
Gristede's at W 22nd St
Gristede's at E 29th St
Gristede's at E 20th St

WEST VILLAGE
Food Emporium at 12th St
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EAST VILLAGE & CENTRAL VILLAGE
Gristede's at University Pl

NEW JERSEY
Food Emporium
2160 Lemoine Ave
(Fort Lee)
Inserra Shop Rite
201 Roosevelt Pl (Palisade Park)
Pathmark 461 River Rd
(Edgewater)

UPSTATE NEW YORK
Food Emporium 422 Old Post Rd
(Bedford)
Food Emporium
1885 Pleasantville Rd
(Briarcliff Manor)
Food Emporium 5661 Riverdale Ave
(The Bronx)
Food Emporium 355 Halstead Ave
(Harrison)
Food Emporium
23 Quaker Ridge Rd (New Rochelle)
Food Emporium 261 S Ridge St
(Rye Brook)
Food Emporium
345 Downing Dr (Yorktown Heights)

CONNECTICUT
Food Emporium 280 Elm St
(New Canaan)
Food Emporium 1261 E. Putnam Ave
(Old Greenwich)
Food Emporium 1201 High Ridge Rd
(Stamford)

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Please email for question about our distribution
reader@chopsticksny.com

Other Asian Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available | Open for Lunch
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Romantic Dining | Local Favorite
Vegetarian Friendly | Business Dinner

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CHINESE

Ivy's Cafe — Upper West
154 W 72nd St (Broadway & Columbus Ave) | 212-787-9333 — $23

Ollie's — Upper West
2131 Broadway (bet. 77th & 78th St.) | 212-595-0101 — $15

Dihm — Upper West
2957 Broadway (at 116th St) | 212-932-9300 — $15

Shun Lee West — Upper West
43 W65 St (Columbus & Central Pk W) | 212-595-8989 — $52

Cafe Evergreen — Upper East
1268 1st Ave. (bet. 69th & 70th St.) | 212-744-8298 — $30

Chef Ha's — Upper East
1720 2nd Ave (bet. 89th & 90th St.) | 212-348-9444 — $25

Hunan Balcony — Upper East
1450 3rd Ave. (bet. 82nd & 83rd St.) | 212-517-2098 — $18

Lin's Noodle & Grill — Upper East
1500 3rd Ave (bet. 84th & 85th St.) | 212-535-1313 — $22

Our Place Cuisines — Upper East
1444 3rd Ave (bet. 81st & 82nd St.) | 212-288-4888 — $25

Philippe — Upper East
33 E 60th St (bet. Madison & Park Ave.) | 212-644-0625 — $40

Phoenix Garden — Upper East
242 E. 40th St (bet. 2nd & 3rd Ave.) | 212-983-6666 — $20

Pig Heaven — Upper East
1540 2nd Ave (bet. 80th & 81st St.) | 212-744-4333 — $15

Shanghai Pavilion — Upper East
1378 3rd Ave (bet. 79th & 75th St.) | 212-585-9388 — $37

Wu Liang Ye — Upper East
215 E. 86th St (bet. 2nd & 3rd Ave.) | 212-534-6636 — $29

Chinn Grill — Midtown West
CHS bldg. 50 W. 53rd St. (bet 5th 6th Ave) | 212-333-7778 — $66

Joe's Shanghai — Midtown West
24 W 56th St (bet. 5th & 6th Ave.) | 212-333-3868 — $20

Ollie's — Midtown West
200 W 44th St. (bet. 7th and 8th Ave.) | 212-621-5368 — $15

Ruby Foo's Times Sq. — Midtown West
1626 Broadway (bet. 48th & 50th St.) | 212-489-5600 — $30

Tung's Pavilion — Midtown West
65 W. 55th St. (bet. 5th & 6th Ave.) | 212-956-6888 — $20

Wu Liang Ye — Midtown West
36 W. 48th St. (bet. 5th & 6th Ave.) | 212 398-2308 — $25

Cham Chaasa Cuisine — Midtown East
160 E. 48th St. (bet. Lexington & 3rd Ave.) | 212-371-2323 — $40

Chin Chin — Midtown East
216 E. 49th St. (bet. 2nd & 3rd Ave.) | 212-980-4555 — $45

Dynasty Sung — Midtown East
611 Lexington Ave. (at 49th St.) | 212-355-1200 — $35

Evergreen — Midtown East
10 E. 39th St. (bet. 5th & Madison Ave.) | 212-448-1133 — $23

Grand Sichuan — Midtown East
1049 2nd Ave (bet. 55th & 56th St.) | 212-355-5855 — $20

Man Noodle Shop — Midtown East
922 2nd Ave (at 49th St.) | 212-888-0027 — $15

MR Kh — Midtown East
570 Lexington Ave (at 51st St.) | 212-583-1888 — $50

Our Place Shanghai — Midtown East
141 E. 55th St. (bet. Lexington & 3rd Ave.) | 212 753-3300 — $25

Peking Duck House — Midtown East

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236 E. 53rd St. (bet. 2nd & 3rd Ave.) | 212-759-0200 — $33

Shun Lee Palace — Midtown East
155 E. 55th St. (bet. Lexington & 3rd Ave.) | 212-371-8844 — $35

Tse Yang Restsurant — Midtown East
34 E. 61st St. (bet. Park & Madison Ave.) | 212-890-5447 — $40

Grand Sichuan — Chelsea
227 Lexington Ave. (bet. 33rd & 34th St.) | 212-679-9770 — $25

Grand Sichuan — Chelsea
229 5th Ave. (at 24th St.) | 212-620-5200 — $20

Rickshaw Dumpling — Chelsea
61 W 23rd St. (bet. 5th & 6th Ave.) | 212-924-2220 — $20

Chinatown Brasserie — West Village
380 Lafayette St. (at Great Jones St.) | 212-533-7000 — $30

Empire Szechuan — West Village
173 7th Ave. S. (at Perry St.) | 212 243-6046 — $15

Shanghai Square — West Village
9 E. 19th St. (bet. 5th Ave. & University Pl.) | 646-486-7313 — $20

Dumpling Man — East Village
100 St. Marks Pl. (bet. 1st & Ave. A) | 212-505-2121 — $11

Amazing 66 — Lower Manhattan
66 Mott St. (bet. Bayard & Canal St.) | 212-334-0099 — $23

Au Mandarin — Lower Manhattan
200-250 Vesey St. (at West St.) | 212-385-0313 — $20

Big Wong — Lower Manhattan
67 Mott St. (bet. Bayard & Canal St.) | 212-964-0540 — $13

China Chalet — Lower Manhattan
47 Broadway (Exchange Pl. & Morris St.) | 212-943-4380 — $25

Congen Villiage — Lower Manhattan
100 Allen St. (bet. Broome & Delancy) | 212-941-1818 — $16

Dim Sum Go Go — Lower Manhattan
5 E. Broadway (bet. Catherine & Oliver St.) | 212-732-0797 — $15

Excellent Dumpling — Lower Manhattan
111 Lafayette St. (Canal & Walker St.) | 212-219-0212 — $15

Golden Unicorn — Lower Manhattan
18 E. Broadway (bet. Doyers St. & Catherine St.) | 212-941-0911 — $15

Jing Fong — Lower Manhattan
20 Elizabeth St. (bet. Bayard & Canal St.) | 212-964-5256 — $20

Joe's Ginger — Lower Manhattan
25 Pell St. (at Doyers St.) | 212-285-0333 — $15

Joe's Shanghai — Lower Manhattan
9 Pell St. (bet. Bowery & Mott St.) | 212-233-8888 — $15

Lin's Dumpling House — Lower Manhattan
28 Bowery (at Bayard St.) | 212-349-0923 — $10

Mandarin Court — Lower Manhattan
61 Mott St. (bet. Bayard & Canal St.) | 212-608-3838 — $15

Mr Tang — Lower Manhattan
50 Mott St. (Bayard St.) | 212-233-8888 — $20

New Bo-Ky — Lower Manhattan
80 Bayard St. (bet. Mott & Mulberry St.) | 212-406-2252 — $10

Nice Green Bo — Lower Manhattan
66 Mayda St. (bet. Elizabeth & Mott St.) | 212-625-2358 — $15

Oriental Garden — Lower Manhattan
14 Elizabeth St. (bet. Bayard & Canal St.) | 212-619-0085 — $20

Shanghai Cuisine — Lower Manhattan
80 Bayard St. (at Mulberry St.) | 212-732-8988 — $25

Faan — Brooklyn
209 Smith St. (bet. Baltic & Butler St.) | 718-834-2277 — $15

East Manor — Queens
46-45 Kissena Blvd (at Laburnum Ave.) | 718-888-8900 — $15

Sweet-n-Tart — Queens
136-11 36th Ave. (at Main St.) | 718-661-8380 — $15

KOREAN

Korea Palace — Midtown East
127 E. 54th St. (bet. Park & Lexington Ave.) | 212-832-7350 — $30

Chn Dong Gnl — Korea Town
55 W. 35th St. (bet. 5th & 6th Ave.) | 212-695-8222 — $30

Don's Bogam — Korea Town
17 E. 32nd St. (bet. 5th & Madison Ave.) | 212-683-2200 — $25

Franchia — Korea Town
12 Park Ave. (bet. 34th & 35th St.) | 212-213-1001 — $25

Gam Mee Ok — Korea Town
43 W. 32nd St. (bet. 5th Ave. & Broadway) | 212-695-4113 — $25

HAN BAT — Korea Town
53 W. 35th St. (bet. 5th & 6th Ave.) | 212-629-5508 — $15

HANGAWI — Korea Town
12 E. 32nd St. (bet. 5th & Madison Ave.) | 212-213-0077 — $40

Hyo Dong Gak — Korea Town
51 W. 35th St. (bet. 5th & 6th Ave.) | 212-695-7167 — $15

Kaag Suh — Korea Town
1250 Broadway (at 32nd St.) | 212-564-6845 — $28

Komtang Hnusn — Korea Town
32 W. 32nd St. (bet. 5th Ave. & Broadway) | 212-947-5482 — $15

Kum Gang San — Korea Town
45 W. 32nd St. (bet. 5th Ave. & Broadway) | 212-967-0909 — $20

Kunjip Restaurant — Korea Town
8 W 32nd St. (bet. 5th Ave. & Broadway) | 212-216-9457 — $15

Seoul Garden — Korea Town
34 W. 32nd St. (bet. 5th Ave. & Broadway) | 212-736-8002 — $15

Shilla — Korea Town
37 W. 32nd St. (bet. 5th Ave. & Broadway) | 212-967-1880 — $25

Won Chon — Korea Town
10 W. 36th St. (bet. 5th & 6th Ave.) | 212-695-0676 — $20

Do Hwa — West Village
55 Carmine St. (at Bedford St.) | 212-414-1224 — $30

Bibim-Bar — East Village
181 1st Ave. (bet. St. Marks & 9th St.) | 212-529-2746 — $15

Bon Jeo — East Village
107 1st Ave. (bet. 6th & 7th St.) | 212-505-7874 — $20

Doh Sum's — East Village
115 1st Ave (bet. 7th St. & St. Marks Pl.) | 212-477-9506 — $15

Persimmon Kimchi House — Midtown East

The true taste of Korea. Seasonal 5-course prefix menu changes every two weeks. All homemade including many varieties of seasonal kimchi and other dishes using ingredients from local farmers and farms in Korea. Enjoy chef Youngsun Lee's Neo-Korean cuisine.

277 E. 10th St. (bet. 1st & Ave A) | 212-260-9080 www.persimmonnyc.com — $37

Kori — Lower Manhattan
253 Church St. (bet. Leonard & Franklin St.) | 212-334-0008 — $20

Li Hua — Lower Manhattan
171 Grand St. (bet. Centre & Baxter St.) | 212-343-0090 — $20

Lower Mhn **Won Lee Oak**
148 Mercer St (bet E Houston & Prince St) $50
212-625-0200

B klyn **Dokebi**
189 Grand St (bet Bedford and Driggs Ave) $20
718-782-1424

Upper W **Kalhi House**
251 Central Ave White Plains NY 10606 $25
914-328-0251

THAI

Upper West **Land**
450 Amsterdam Ave (bet 81st & 82nd St.) $25
212-501-8121

Upper West **Lemongrass Grill**
2534 Broadway (at 95th St) $22
212-595-0888

Upper East **Eat Thai**
1423 3rd Ave (bet 81st & 82nd St.) $15
212-772-1494

Upper East **Jasmine**
1513 2nd Ave (at 84th St.) $25
212-517-8854

Upper East **Sa-Woy**
1473 1st Ave (at 77th St) $20
212-744-6374

Upper West **Sala Thai**
1711 2nd Ave (bet 89th & 90th St) $25
212-410-5577

Upper East **Spice**
1411 2nd Ave (bet. 73rd & 74th St.) $20
212-396-5348

Upper East **Viang Ping**
1393A 2nd Ave (bet. 72nd & 73rd St.) $22
212 249-8484

Midtown West **Bangkok House**
360 W 46th St (bet. 8th & 9th Ave.) $16
212-541-5943

Midtown West **Breeze**
941 9th Ave (bet. 56th & 57th St) $25
212 262 7777

Midtown West **Chai Hana Kitchen**
330 8th Ave (at 26th St.) $30
212-707-3778

Midtown West **Chanpen Thai**
761 9th Ave (at 51st St.) $25
212-586-6708

Midtown West **Pam Real Thai**
402 W 47th St (bet 9th & 10th Ave.) $20
212-315-4441

Midtown West **Pongsri Thai**
244 W 49th St (bet. Broadway & 8th Ave.) $20
212-582-3382

Midtown West **Room Service Midtown**
416 9th Ave (bet 47th & 48th St) $25
212-582-0999

Midtown West **Topaz Thai**
127 W 56th St (bet. 6th & 7th Ave.) $15
212-957-8020

Midtown West **Yum Yum 3**
656 9th Ave (at 48th St.) $15
212-956-0658

Midtown West **Yum Yum Bangkok**
650 9th Ave (bet. 45th & 46th St.) $15
212-262 7244

Midtown West **Yum Yum Too**
440 9th Ave (At 40th St.) $20
212 247 2226

Chelsea **Jaya Thai**
398 3rd Ave (bet 28th & 29th St) $25
212-779-1330

Chelsea **Lemongrass Grill**
136 E 34th St (bet. Lexington & 3rd Ave.) $20
212 213-3317

Chelsea **Naoch**
143 8th Ave (at 17th St.) $20
212-691-6600

Chelsea **Pad Thai**
114 8th Ave (bet. 15th & 16th St.) $20
212-691-6226

Chelsea **Pongsri Chelsea**
185 W. 23rd St, (bet. 7th & 7th Ave.) $25
212-645-6808

Chelsea **Regional Thai**
208 7th Ave (bet 21St & 22nd St) $15
212-807-9872

Chelsea **Room Service**
168 8th Ave (bet. 18th & 19th St.) $25
212-691-0299

Chelsea **Royal Siam**
240 8th Ave (bet. 22nd & 23rd St.) $15
212 741 1732

Chelsea **Spice**
199 8th Ave (bet. 19th & 20th St.) $20
212 989-1118

W Village **Galanga**
149 W 4th St (bet Macdougal & 6th) $15
212 228-4267

West Village **Highline**
835 Washington St (at Little W. 12th St.) $30
212 243-3339

West Village **Lime Thai Bistro**
29 7th Ave S (bet. Bedford & Morton St.) $25
212-727 2576

West Village **Prem-on Thai**
138 W. Houston St (MacDougal & Sullivan) $25
212-353-2338

West Village **Rhong Tiam**
541 La Guardia Pl (W 3rd & Bleecker) $20
212-477-0600

East Village **Elephant**
5 E. 1st St (bet. 1st & 2nd Ave.) $35
212 505-7733

East Village **Holy Basil**
143 2nd Ave (bet. 9th & 10th St.) $15
212 460-5557

East Village **Klong**
7 St. Marks Pl (bet. 2nd & 3rd Ave.) $18
212 505-9955

East Village **SEA**
75 2nd Ave (bet. 4th & 5th St.) $15
212 228-5505

East Village **Spice**
60 University Pl (bet. 10th & 11th St.) $20
212-982-3756

East Village **Spice**
104 2nd Ave (at 6th St.) $20
212-533-8900

Lower Mhn **Kittichai**
60 Thompson St. (bet. Broome & Spring) $56
212 219-2000

Lower Mhn **Kuma Inn**
113 Ludlow St. 2Fl (Delancey & Rivington) $25
212 353-8866

Lower Mhn **Paap**
177 Prince St. (bet. Sullivan & Thompson St.) $20
212 254 7337

Lower Mhn **Pongsri**
106 Bayard St (at Baxter St.) $25
212-349-2132

Lower Mhn **Sticky Rice**
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212-874-6209

B klyn **Lily Thai**
615 Grand St (bet. Leonard & Lorimer St.) $10
718-218-7522

Brooklyn **Long Tan**
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333 Graham Ave Brooklyn NY 11211 $15
718-389-8445/8446 www.pagodathaifood.com

Brooklyn **SEA**
114 N 7th St (at Berry St.) $20
718-384-8850

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206 Bedford Ave Brooklyn NY 11211 $15
718-599-5555/5566 www.taithai206.com

Brooklyn **Tuk Tuk**
204 Smith St (bet. Baltic & Butler St) $12
718-222-6500

Queens **Erawan**
213-41 39th Ave. (at Bell Blvd) $30
718-229-1620

Queens **Q Thai Bistro**
109-25 Ascan Ave. (bet Austin & Soms St) $40
718-261-6598

VIETNAMESE

Upper West **Bar Bao**
100 W 82nd St (Amsterdam & Columbus) $25
212-501-0776

Upper West **Saigon Grill**
620 Amsterdam Ave (at 90th St.) $25
212-875-9072

Upper East **Asia Grill**
1239 2nd Ave (at 65th St) $20
212-753-3818

Upper East **Vermicelli**
1492 2nd Ave (bet. 77th & 78th St) $20
212-288-6858

Midtown East **Bai**
246 E 44th St (bet. 2nd & 3rd Ave.) $30
212-661-6541

Midtown East **La Colonial**
149 E. 57th St (bet. Lexington & 3rd Ave.) $50
212-752-0808

Korea Town **PHO32**
2 W 32nd St (bet 5th Ave & Broadway) $20
212-695-0988

Chelsea **Bao Noodles**
391 2nd Ave. (bet. 22nd & 23rd St.) $22
212 725-7770

Chelsea **Lannam**
393 3rd Ave. (at. 28th St.) $15
212-686-5169

Chelsea **Dmai**
158 9th Ave (bet 19th & 20th St) $30
212-633-0550

West Village **Saigon Grill**
51 University Pl (bet 11th & 12th St) $25
212-982-3851

East Village **Indochine**
430 Lafayette St (Astor Pl & 4th St.) $40
212-505-5111

East Village **Lannam**
121 Univers ty Pl (bet 13th St.) $20
212-420-1178

East Village **Nicky's Viet**
150 E 2nd St (at Ave A) $9
212-388-1088

Lower Mhn **HOLAN**
135 W Broadway (bet Thomas & Duane St.) $15
212-233-1333

Lower Mhn **Mai House**
146 Franklin St (Greenw ch and Hudson) $35
212-431-0606

Lower Mhn **Nam**
110 Reade St. (Church & W Broadway) $20
212-267 1777

Lower Mhn **Nha Trang**
87 Baxter St (bet Bayard & Canal St.) $15
212 233-5948

Lower Mhn **Pho Tu Do**
119 Bowery St (bet. Hester & Grand St.) $20
212-966-2666

Lower Mhn **Viet Cafe**
345 Greenwich St. (bet Harr son and Jay St.) $25
212-431-5456

Brooklyn **Nicky's Viet**
311 Atlantic Ave (bet. Hoyt & Smith St.) $9
718-855-3838

OTHER

Upper West **Asiate**
80 Columbus Circle 60th Street 35F $63
212-805-8801

Upper East **Hispaniola**
839 W 181st St. (at Cabrini Blvd.) $35
212-740-5252

Upper East **Amber**
1406 3rd Ave (at 80th St) $34
212-249-5020

Upper East **Gaba**
1426 3rd Ave (at 81st St) $31
212-288-5099

Midtown West **Blue Chili**
251 W 51st St (bet. 8th & Broadway) $20
212-405-5237

Midtown West **Rue 57**
60 W 57th St (at 6th Ave) $45
212 307 5656

Midtown West **VYNL**
754 9th Ave. (bet 50th and 51th St.) $25
212-974-2003

Midtown West **Zen Palate**
663 9th Ave (at 46th St) $25
212-582 1769

Midtown East **Aja Asian Bistro**
1009 1st Ave (at 58th St.) $43
212-209-8000

Midtown East	**Asia De Cubo**	
237 Madison Ave (bet. 37th & 38th St.) 212.726.7755		$56
Midtown East	**Fusha Asian Cuisine**	
1085 1st Ave (at 59th St.) 212.752-8883		$45
Midtown East	**Hiroshi Japanese Fusion**	
505 3rd Ave (bet. 38th St & 39th St.) 212.661-8266		$18
Chelsea	**Planet Thailand 212**	
30 W 24th St (bet. 5th & 6th Ave.) 212.727-7026		$25
Chelsea	**Rice on Lexington Ave**	
115 Lexington Ave (at 28th St.) 212.545-5400		$20
West Village	**Cafe Asean**	
117 W 10th St (Greenwich & 6th Ave.) 212-533-6948		$26
West Village	**Chow Bar**	
230 W 4th St (W. 10 & Christopher St.) 212-633-2212		$38
West Village	**Gobo**	
401 6th Ave (bet. 8th & Waverly Pl.) 212.255-3242		$20
East Village	**Kion Restaurant**	
509 E 8th St (bet. A & B Aves.) 212.623-5200		$25
East Village	**MA*YA**	
234 E 4th St (bet. Ave A & B) 646-313-4967		$20
East Village	**O G**	
507 E 14th St (bet. Ave A & B) 212 477-4649		$30

East Village	**Shiki Kitchen**	
135 1st Ave (bet. 9th & St. Marks Pl.) 212-614-1105		$25
Lower Manhattan	**Kampuchea Noodle Bar**	
79 Rivington St (at Allen St.) 212-529-3401		$28
Lower Manhattan	**Rice**	
282 Elizabeth St (Houston & Bleecker) 212 226-5775		$15
Brooklyn	**Chai Home Kitchen**	
124 N 8th St (corner Berry St.) 718-599-5563		$16
Brooklyn	**Planet Thailand**	
133 N 7th St (bet. Bedford Ave & Berry St.) 718-599-5758		$25
Bay Ridge	**Rice**	
166 DeKalb Ave (at Cumberland St.) 718-855-2700		$20
Brooklyn	**Rice**	
81 Washington St (bet. Front & York St.) 718-222-9560		$20
Long Island	**TOKU**	
2014C Northern Blvd. NY 11030 516-627 8858		$50
New Jersey	**AOZORA Restaurant**	
407 Bloomfield Ave Montclair NJ 07042 973-233-9400		$50
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725 River Rd Edgewater NJ 07020 201-840-7988		$16

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For inquiry please e-mail *reader@chopsticksny.com*

Grocery & Sake Guide

The following is a list of stores where you can buy Japanese food and liquor.

Coupon available at **www.chopsticksny.com**

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JAS Mart 2
35 St. Marks Pl. (bet. 2nd & 3rd Ave.) | 212-420-6370 | Japanese

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Han Ah Reum
141-40 Northern Blvd. (Parsons & Bowne) | 718-359-0700 | Korean

Han Ah Reum
156-40 Northern Blvd. (156th & 157th St.) | 718-886-0005 | Korean

Han Ah Reum
29-02 Union St. (at 29th Ave.) | 718-445-5858 | Korean

Han Ah Reum
56-18 Woods de Ave. (58th & 60th St.) | 718-446-0258 | Korean

Han Ah Reum
400 Hillside Ave. Williston Park, NY 11596 | 516-639-0270 | Korean

Sakura-ya
73-05 Austin St. (bet. Ascan Ave. & 73rd Rd.) | 718-268-7220 | Japanese

Asian Market
81 Colvin Ave. Albany, NY 12206 | 518-458-8186 | Chinese

DAIDO
522 Mamaroneck Ave. White Plains, NY | 914-683-8735 | Japanese

DS Seafood
14-16 North Central Ave. Hartsdale, NY 10530 | 914-946-3065 | Japanese

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616 White Plains Rd. Scarsdale, NY 10583 | 914-472-1468 | Japanese

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22 Barker Ave. White Plains, NY 10601 | 914-428-4500 | Korean

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Nara Japanese Foods
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Landmark wine
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LEDU WINES
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Astor Wine
399 Lafayette St. (at 4th St.) | 212-674-7521 | Sake/Shochu

MJK liquor
161 3rd Ave. (bet. 15th & 16th St.) | 212-475-9188 | Sake/Shochu

Sakaya
324 E. 9th St. (bet. 1st and 2nd Ave.) | 212-505-7253 | Sake

Warehouse Wines
735 Broadway (at W. 4th St.) | 212-982-7770 | Sake/Shochu

East Village Wine
153 Stanton St. (bet. Clinton & Attorney) | 212-358-7700 | Sake

Gruyette Wine
161 Grand St. (bet. Crosby & Lafayette St.) | 212-925-1236 | Sake/Shochu

New York Wine EX.
11 Broadway (bet. Morris & Battery Pl.) | 212-422-2222 | Sake/Shochu

September Wines L E S
100 Stanton St. (at Ludlow St.) | 212-388-0778 | Sake

Heights Chateau
123 Atlantic Ave. Brooklyn, NY 11201 | 718-330-0363 | Sake/Shochu

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Charms in Japan -Vol.4-

O - f u d a

O-fuda, also known as gofu, is a Japanese talisman issued by Shinto shrine and temples. The o-fuda is believed to have the power to adjust energy flow and enhance energy level, therefore, it protects family from misfortune and disease, repels evil, and brings prosperity. Usually it's issued before the end of a year and people place it inside a *kamidana*, a private shrine style shelf, or attach it to a slightly higher position of a door, pillar, or ceiling. The characters symbolizing *Kami* (the Deity of Shinto) or magic square, are drawn on o-fuda. You'd better burn it once it's expired or got ruined by accident. O-fuda should be renewed yearly.

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CONVERSOTION WITH SOKE SOMMELIER

SAKE: A WINE LOVERS NEW OBSESSION

Wined-Up Wine Bar in the flatiron district is known for their great mellow ambiance and most importantly their great selection of wine. Joshua Hakimi the Wine Director of the bar and restaurant, who worked as a chef for more than 16 years, is the mastermind behind the great variety that now includes even sake on top of more than 150 wines on the list. His diverse palate was no doubt, shaped through his diverse background that allows him to be more adventurous and open minded than most when it comes to food pairing. Here, his customers who trust him dearly, are willing to try any unusual combination he may suggest like sake and cheese, and get a chance to explore the unique world of sake and non-Japanese food pairing.

How did your interest towards food and wine develop originally?

I come from a great food culture. My mother is a great cook, my grandmother was a great cook, so I grew up eating really well. I grew up mostly with my Persian family, and every meal was a big event. My interest in wine started to develop young through reading authors like Ernest Hemmingway and F. Scott Fitzgerald. I guess I was interested in the European life and culture, and that romanticized ex-patriot history.

What made you want to put sake on your list?

I just thought we should have it. I think sake goes very nicely with certain kinds of foods, and also, I thought with sake, customers could enjoy more unusual flavor combinations. For example, we serve tuna sashimi over crab rolls here which goes well with sake, cheese is great with sake, and some of the more complex sakes go with grilled meats. In fact, we have a cheese and sake sampler. Cheese is very much a European thing so it's like a meeting of the two cultures, and I think the flavor combination is very interesting. For me, it's also about exposing people to different things. Many people come here to learn about wine, but sometimes they don't want wine, so I would recommend sake, and people are very receptive to it.

I heard that some wine enthusiasts are not so receptive to pairing sake with non-Japanese food. Is that true?

Not at my place. To say that sake is only good with Japanese food would be discounting the whole beverage culture of Japan, so I can't imagine that notion. Just because it's not European, it doesn't mean it's not a valid beverage to consume with food in general. What's great about living in a city like New York is that you have everything. You have Indian food, Chinese food, wines from different parts of the world, so the opportunity to mix and match is always there, but if you don't try it you'll never know... I started serving shochu too, and people seem to be receptive to that as well.

How do you choose the sakes you put on your list?

I tried a lot of sake, and found it very daunting because there are just so many, so it took me some time to finally come up with the five sakes we have now, which I hope to expand on. I don't know the styles, I don't know the brands, and I don't read Japanese, so the only way to judge sake for me, is by taste. I found that my taste was always gravitating towards the less expensive sakes because I seem to lean towards the simpler styles. Also the menu changes often here because it's seasonal, and we buy what's fresh, so I looked for a sake that's fairly flexible in the profile and where it can go, and so that it's compatible with the cheese and meat list that also changes a lot here.

What are the more popular ones?

One of the most popular items on our food menu is the Cast Iron Hanger Steak, and this actually goes really well with the kimoto style sake we have. In fact, when customers are here to eat, I almost always recommend either the kimoto style or the yamahai style sake from our list. My taste seems to lean towards the more traditional, the more viscous texture and taste in general. But our customers seem to really like the Kikusui Eunaguchi Honjozo.

Joshua, a graduate of the International Wine Center, uses his keen senses to come up with his original sake and food pairings as well as original cocktail recipes using shochu, such as the Shochu Gimlet and Hot Mugi tea with buckwheat honey and buckwheat shochu shown below

Do you have any tips for sake beginners?

I would say, try to taste different kinds of food or different kinds of cheese when you are trying sake, because with food you can truly appreciate the versatility of sake.

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A Shochu Moment with Kyoya
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Vol.19 'Kappa no Sasoi-mizu
2009 MONDE SELECTION GRAND GOLD MEDAL
Everyone has his or her own preference when it comes to mixing a drink, and there is no right or wrong way to do it besides your own. When mixing shochu with water, it is most common to first pour shochu in a glass then add water because the density of shochu is greater than that of water. However, that's not the only way to enjoy shochu. You can slowly pour shochu over water without stirring to savor the aroma, or stir it thoroughly for a milder taste. Shochu is indeed a versatile liquor that shows off different qualities of flavor just by changing the way you prepare it, and Kappa no Sasoi-mizu is no exception. Serve it with water and a few cubes of ice for the best flavor, and have fun discovering new ways to enjoy it.
-Hayato Hishinuma-
Information
The place to drink "Kappa" Shochu at *Kai by Itoen*
822 Madison Avenue, New York, NY 10021 Tel:(212)988-7277
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ADVERTISEMENT

SHOCHU: ROOTS OF THE WORKING-CLASS JAPANESE

From the waiters and waitresses that holler friendly greetings to the energetic hustle and bustle atmosphere and a menu that lists over 250 items, restaurant Kenka has every bit of authenticity straight when it comes to a Japanese izakaya. According to Yuji Umeki who opened the place five years ago, the place would be incomplete without shochu.

Why is shochu your focus here in terms of beverage?

The concept of this place is to be like what the Japanese call "taishu shokudo" (commoners' dining place), which is where the average working-class Japanese went to eat, particularly in the period of high economy growth (1950s-70s). It's where people hang out together and replenish their body after a hard day of labor. So, I wanted to create a place where people can eat Japanese food in the same casual way they go to McDonalds. When I think of shochu, I think of the hard working, working-class people because that's the way it was. Since the bodm, shochu is definitely a popular drink now, but traditionally it was and still is the everyday drink for commoners. I think that's because it's a healthier drink that doesn't stay in your system and interfere with the life-style of those whose work is physically demanding, and these hard working, regular people are my target customers.

Have you seen an increase in the rate that non-Japanese people order shochu?

I think people who are already familiar with the Japanese tradition or have interest in it order shochu, but I still think it's a long way until it becomes something average Americans would order. That being said, I think a lot of people are starting to order it out of curiosity. Non-Japanese people are especially drawn towards shochu like Kagura no Mai that has a really cool-looking label, because shochu is still not at a level where they order it by name.

And what are their reactions when they try shochu like Kagura no Mai?

It's usually a pretty good reaction, because Kagura no Mai has a very clean taste for a soba (buckwheat) shochu. This type of shochu is very smooth and doesn't interfere with food. We do have customers that had tried shochu for the first time here, and have never turned back, but I do think I need to put more effort into promoting it. It's customary in Japan to start off with beer and move onto shochu. America is still very much caught up in the sake trend, which is great too, but eventually I would like to see shochu get that same spotlight because I do think it's a beverage deeply rooted in the lifestyle of the average Japanese.

What would shochu like Kagura no Mai pair well with?

Anything. That's the great thing about shochu, particularly this kind that is clean, but has a strong core, because this type goes well with light foods like sushi, but is also great with much richer foods like gyoza, ankimo (monk fish innards), and horumon yaki (sauteed pork or beef innards) that have really distinct, strong tastes. I want people in America to really appreciate the versatility as well as the great taste of shochu by trying it with these complex, rich flavors of home-style Japanese food.

Going to Kenka is very much like taking a time machine back to the Showa period of Japan. They currently carry about 30 types of shochu, 10 of which are seasonal. Here not only will you be able to eat the usual dishes the Japanese eat at home, but you get to experience the izakaya lifestyle where shochu has always played a key role.

Kenka
25 St. Marks Pl. (bet. 2nd & 3rd Aves.), New York, NY 10003
TEL. 212-254-6363

Shochu Tidbit

Like sake, shochu masters who are the head of shochu production are called "touji". This came from a Japanese word "toji", which used to mean "house wife". This is because in the early days, when shochu was still being made in the households, the task of making shochu was traditionally a woman's job. It was believed that men were not reliable enough because they would get too drunk and spill the secret recipe, which were passed down in the family for generations.

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ARIMASU, IMASU (THERE IS [ARE]-) VERB 7

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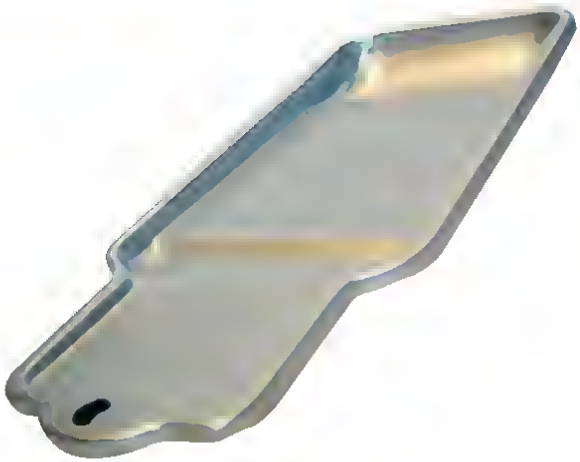
BUYING JAPAN: INCREDIBLE AND UNKNOWN PRODUCTS – VOL.13 –

OROSHIGANE (GRATER)

BY *NOBI NAKANISHI*



This small ceramic Oroshiki fits in your hand and is perfect for small vegetables. Some other designs you can find are made of plastic, or even have attachments that will catch and hold the grated remains.

These 'teeth' that stick out of the metal don't go through the bottom so everything you grate stays on the surface. Messy cooks like me appreciate having one less thing to wipe up from the counter

I can't quite remember the turning point when I stopped eating instant ramen and started cooking. Was it to impress a date, or actually eat something nutritious, or prove to myself that I too was more evolved than a caveman? Whatever it was, it didn't really stick at first – cooking for me was a long road from 'please don't bother' to just 'kind of edible', and then finally competent. But what I do remember clearly is when I started enjoying to cook – and since I'm male, it obviously had to do with getting my real first kitchen toy.

I think we all have one of those. Whether it's a fancy stainless steel knife, a state of the art rice cooker or a Dutch oven, we all probably have that one kitchen tool or gadget that finally inspired us to start learning and executing recipes properly. And from that one toy came a whole army of new additions, each helping us move to a new level of cuisine. This month we're featuring one of my favorite kitchen tools, the **Oroshigane**, which is a Japanese grater that should be part of your pantry, whether or not you make Japanese food at all.

The Oroshigane is not hard to imagine if you have used any kind of grater in the past. Literally translated as 'Grating (Oroshi) Metal (Ga-ne)', these do differ from western graters because instead of large perforations in the metal, there are essentially tiny teeth-like spikes gouged out of it. This creates an incredibly sharp yet fine surface that nearly pulverizes anything you choose to grate (preferably food of course). Also known as Oroshiki, these are available in a variety of metals, ceramics, plastics, and even in sharkskin.

Some of the most commonly grated vegetables used in Japanese cooking include yama-imo (mountain yam), daikon (Japanese radish), and wasabi. If you've ever had tempura, that mound of grated white radish sitting in or by the dipping sauce is daikon that has been grated on a traditional metal Oroshigane. You will most likely find a sharkskin Oroshigane in the restaurant kitchen of a master Sushi chef – many will only grate wasabi root into our favorite green paste against this surprisingly grainy surface. The Japanese will attest that specific types of Oroshigane are suited for different foods, and can alter the flavor of them depending on the kind of grater you choose.

Overall, the Oroshigane is an incredible and effective tool that results in a refined and consistent grate. My favorite Oroshigane is a small ceramic one I picked up at Katagiri a long time ago, because I wanted something that would help me grate ginger for fresh ginger tea. What's so wonderful about this particular kind is that the teeth not only grates the ginger so that I get all of the pulp and juice, but it also separates it from the fiber of the ginger, so there is nothing stringy or chewy that ends up in the tea. This is not something that can be achieved with a traditional western grater, which I reserve for use with cheeses and recipes that require coarser grating.

If you're experimenting with Japanese dishes, from recipes you'll find in Chopsticks NY or other sources, make sure to look for an Oroshigane the next time you're shopping and add it among your kitchen toys. Or pick one up first and start experimenting on your own – you'll be impressed at how much the texture and taste of your favorite vegetables will change. Look around at Mitsuwa, JAS Mart, Sunrise, or any of your favorite Japanese stores for a wide variety of graters today.

Shop Guide

The following is a list of shops where you can buy Japanese goods, services and art...

Coupon available at www.chopsticksny.com

FASHION

Upper West — Bit'z Kids — Clothing
410 Columbus Ave. (bet. 79th & 80th St.) 212-724-1411

Upper East — R by 45rpm — Clothing
17 E 71st St. (bet Madison Ave and 5th Ave) 212.737-5545

Upper East — Saigo Accessories — Accessories
1242 Madison Avenue (bet.89th & 90th St.) 212-534-6275

Upper East — SEIGO NECKWEAR — Accessories
1269 Madison Ave (bet. 88th & 90th St) 212-517-0191

Ripplu — Lingerie Shop

Japanese expert in body shaping undergarments with 20 years of experience. Specializes in custom-size fits, from small 30A to full 40H, to enhance body shape. Three-step system gradually reshapes tissue through a sense of tension to increase lift naturally.

59 Madison Ave (bet. 27th & 28th Sts.) 212-598-2223 www.ripplu.com

Midtown East — BLOOM New York — Jewelry
361 Madison Ave (bet. 45th & 46th St.) 212.370-0068

Midtown East — Royal Chic — Clothing
635 Madison Ave (at 59th St.) 212-588-0555

East Village — ARGASY — Clothing
428 E 9th St (bet. 1st Ave & Ave A) 212-982-7318

East Village — Local Clothing — Clothing
328 E 9th St. (bet. 1st & 2nd Ave.) 212-777 3650

East Village — Tokio 7 — Clothing
64 E. 7th St. (bet. 1st & 2nd Ave.) 212-353-9443

East Village — Tokyo Joe — Clothing
334 E 11th St. (bet. 1st and 2nd Ave.) 212-473-0724

Lower Mhn — Facial Index — Eyewear
104 Grand St (at Mercer St.) 646-613-1055

Lower Mhn — Junko Yoshioka — Clothing
520 Broadway 2 Fl (W B'way & W Houston) 212-206-3302

Lower Mhn — Kaori's Closet — Clothing
71 W. Houston St.(Wooster St. & W. B'way) 212 387 7756

Lower Mhn — Kazuyo Nekono NY — Accessories
117 Crosby St. (bet. Houston and Prince St.) 212-941 7033

Lower Mhn — Madame Killer — Clothing
37-39 Clinton St.(bet Stanton&Rivington) 212-505-9292

Lower Mhn — Mieko Mintz — Clothing
15 Thompson St. (bet Spring & Broom St.) 212-627 1524

Lower Mhn — Mika Inatome — Clothing
93 Reade St. 2Fl.(bet W B'way and Church) 212 966-7777

Lower Mhn — msg — Clothing
66 Kenmare St. (bet. Mott and Mulberry) 212-334-4032

Lower Mhn — R by 45rpm — Clothing
169 Mercer St (at Houston St.) 917-237-0045

Lower Mhn — Sense of Wonder — Clothing
196 Spring St. (bet. Sullivan & Thompson) 212-343-2444

Lower Mhn — tutu — Clothing
95 Spring St.(bet. Lafayette & Mulberry) 212 219-8548

Lower Mhn — UNIQLO — Clothing
546 Broadway(bet. Prince & Spring St.) 917.237-8800

Lower Mhn — Yamak — Clothing
321 1/2 Bleecker St. (Christopher & Grove) 212-807-9100

Lower Mhn — Yohji Yamamoto — Clothing
103 Grand St. (at Mercer St.) 212-966-9066

J-POP CULTURE

Midtown West — Jas Mart 1 — Video Rental
2347 Broadway (bet. 110th & 111 St.) 212-866-4780

Midtown West — Jim Hanley's Universe — Manga
4 W. 33rd St. (bet. 5th & Broadway) 212-268-7088

Midtown West — Kinokuniya Bookstores — Book
1073 Ave. of the Americas (bet. 40 & 41) 212-869-1700

Midtown West — Midtown Comics — Anime
200 W. 40th St. (at 7th Ave.) 212-302-8192

Book Off — Book Store

The Largest recycling bookstore in Midtown !! We sell JAPANESE Manga, Anime, Graphic novels, literatures, DVDs, CDs, & Games! Check our quality and price. For more information please see our advertisement in page 61. OPEN 7 days 10am-9pm

14 E. 41st St. (bet Madison & 5th Ave.) 212-465-1410

Midtown East — Donguri — Video Rental
129 E 47th St. (bet. Lexington & 3rd Ave) 212-755-7380

Midtown East — Midtown Comics — Anime
459 Lexington Ave. (at 45th St.) 212 302-8192

Chelsea — Cosmic Comics — Manga
10 E. 23rd St. 2dn Fl. (bet Madison Ave.) 212-460-5322

Chelsea — Image Anime — Anime
242 W. 30th St. (bet. 7th & 8th Ave) 212-631-0369

Gramercy — Jas Mart 3 — Video Rental
34 E. 23 d St. (Bet. Park & Madison Ave.) 212-387-8882

West Village — AC Gears — Toy
69 E. 8th St. (at Mercer St.) 212-260-2266

East Village — Forbidden Planet — Toy
840 Broadway (at 13th St.) 212-473-1576

East Village — Jas Mart 2 — Video Rental
35 St. Marks Pl. (Bet. 2nd & 3rd Ave.) 212-420-4370

East Village — Kim's Video St. Marks — Anime
124 1st Ave. (bet. 7th St. and St. Mark Pl.) 212-533-7390

East Village — St Marks Comics — Manga
11 St. Marks Pl. (bet. 2nd & 3rd Ave.) 212-598-9436

East Village — Sunrise Mart — Video Rental
4 Stuyvesant St. (2nd Ave. 9th St.) 212-598-3040

The Essence of Kimono vol. 1

Kimono: The Soul Of Japan

The word "Kimono" literally means "things to wear" in Japanese, and it is a window to the Japanese soul. Patterns represent seasons, and how they are chosen and worn reveals much about the individual that wears it... while the material and design itself showcases Japanese craftsmanship. Although it originated in China, since the Heian period (794—late 12th Century), the kimono has, over time, become unique and original to the Japanese culture. As Japan entered different periods in history, the kimono continued to evolve. The style we are most familiar with today is the one developed during the Edo period (1603-1867). Traditionally there were many rules on how a kimono should be worn. Nowadays, we are more free from these rules and kimono has become a part of modern day fashion, and has spread internationally.

◀ vintage obi (sash for kimono) pattern from 1930s ©Kiteya.

KITEYA

464 Broome St NYC
212-219-7505
http://www.kiteyny.com
http://kiteya.typepad.com

Utsuwa-No-Yakata
595 River Rd. Edgewater, NJ 07020 201.941.1902
www.tokiusa.com

East Village **Jas Mart 2**
35 St Marks Pl (Bet. 2nd & 3rd Ave.)
212 420-6370
Video Rental

East Village **Kim's Video St. Marks**
124 1st Ave. (bet. 7th St. and St. Mark Pl.)
212-533-7330
Anime

East Village **St Marks Comics**
11 St. Marks Pl (bet. 2nd & 3rd Ave.)
212 598-9439
Manga

East Village **Sunrise Mart**
4 Stuyvesant St. (3rd. Ave. 9th St.)
212 590-3040
Video Rental

East Village **Toy Tokyo**
121 2nd Ave. 2nd Fl (bet. 7th & St. Marks Pl.)
212 673-5424
Toy

East Village **Video Games New York**
202 E. 5th St. (at 3rd Ave.)
212-533-1039
Toy

Lower Mhn **kidrobot**
126 Prince St. (bet. Greene and Wooster)
212 966-6626
Toy

Lower Mhn **Sunrise Mart, Soho**
494 Broome St. (W. Broadway & Wrester)
212 219-0003
Video Rental

Brooklyn **Zakka Corp**
155 Plymouth St. (bet. Jaard and Jay St.)
718-801-8037
Book

Queens **Anime Castle**
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347-438-1290 www.animecastle.com
J-Pop

Upstate **Kinokuniya Bookstores**
3380 Palisades Center Dr. West Nyack NY
845-353-8600
Book

Long Island **Anime Castle**
77 Searing Avenue Mineola NY 11501
516-214-4484
Anime

California **Digital Manga, Inc**
1487 W. 178th St. Gardena, CA 90248
310-817-8010
Manga

TRADITIONAL

Upper East **Sara**
950 Lexington Ave (bet. 69th & 70th St.)
212 772-8243
Dishware

Wuhao New York
Tenugui (te-nan-gui, ne-gui-wape) are Japanese cotton towels used as towels, wrapping, decorations and accessories. Art works of tenugui are unique an I elegant. These simple cloths bring the beauty of Japanese tradition and style into your life.
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212-531-0126 www.wuhaonyc.com
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Midtown East **Katagiri & Co., Inc**
224 E. 59 St. (bet. 2nd & 3rd Ave.)
212-838-5453
Dishware

Midtown East **NY Mutual Trading, Inc**
711 3rd Ave. (at 45th Ave.)
212-661-3333
Dishware

Midtown East **Precious Pieces**
6 Tudor City Pl. #102 (40th & 41st St.)
212-682-8505
Parchment

Chelsea **KYOTOYA**
23 W. 19th St. (bet. 5th & 6th Ave.)
212-414-0720
General

Chelsea **Po'An**
521 W. 26th St (bet. 10th&11th St)
212-697-4899
Dishware

West Village **Machizukuri WAJIMA**
261 Lafayette St. (bet. Prince & W.3rd St)
212-966-3450
Dishware

East Village **Makan**
Makan offers innovative and traditional museum quality antiques from Japan. We carry tableware, china, furniture, kimono ornaments and art from Edo to Showa period as well as contemporary items like tea & sake cups, furoshiki and more!
37 Third Ave. (bet. 12th & 13th St.)
212-995-5555 www.themakan.com
Antique/ General

Lower Mhn **KITEYA SOHO**
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464 Broome St. (bet. Mercer & Greene St.)
212-219-9506 www.kiteyany.com
General

Lower Mhn **Koin**
57 Warren St. (bet. Church St. and W. B'way)
212-587-7021
Dishware

Lower Mhn **Seasons**
115 Crosby St. (bet. Hudson & Prince St.)
212-226-0257
Furniture

Brooklyn **KIVIYA**
42 Mauljar St. Brooklyn, NY 11206
718-218-8181
Dishware

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52-15 11th St. (@ 53rd Ave.) Long Island City
718-472-5413 www.sushiknives.com
Dishware Knives

New Jersey **Mars New York**
595 River Rd. Edgewater, NJ 07020
201-945-1134
General

Utsuwa-No-Yokata
Art on plates is another aspect of enjoying a meal. Japanese tradition is to choose the right shape, size and colors of a plate to suit the food being served. Experience Japanese tableware at Utsuwa-No-Yokata, an exclusive importer of Japanese potteries.
595 River Rd. Edgewater, NJ 07020
201 941-1502 www.tokusa.com
Dishware

Pennsylvania **Morikata International**
426 North 13th St. Philadelphia, PA
215-238-1328
General

Online **J-Life International, Inc.**
J-Life International
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1-866-993-9291 www.jlifeinternational.com
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GALLERY

Midtown East **Nan Gallery**
1050 2nd Ave. (bet. 55th & 56th St.)
212-308-8381
Gallery

Chelsea **Gallery Chelsea 32**
232 W. 32nd St. (bet. Broadway & 5th Ave.)
646-649-7981
Gallery

Chelsea **Ippodo**
521 W. 26th St. (bet. 10th&11th St)
212-267-4899
Gallery

Chelsea **Onishi Gallery**
521 W. 25th St. (bet. 10th & 11th Ave.)
212-695-8035
Gallery

Lower Mhn **Asian American Arts Ctr.**
26 Bowery 3rd Fl. (bet. Bayard & Pell St.)
917-923-6110
Gallery

Lower Mhn **gallery onetwentyeight**
128 Rivington St. (bet. Essex & Norfolk)
212-674-0244
Gallery

Queens **Gallery Gen**
47-09 36th St. Long Island City NY11101
718-392-7717
Gallery

OTHER

Upper West **Absolute Piano**
1646 Park Ave. (at 116th St.)
212-987-6173
Other Goods

Tohoshoji (New York), Inc
The largest jewelry supply retailer, wholesaler and authorized Swarovski crystal dealers, now stocked with bright colored shell parts, natural color gloss beads and metal mesh sheets for summer. Broaden your creative horizon of jewelry making here!
990 6th Ave. (bet. 36th & 37th St.)
212-868-7465 www.tohoshoji-ny.com
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Midtown East **Terry May**
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153 East 53 d St. (bet. Lexington & 3rd Ave.)
212-888-0303 www.TerryMayNY.com
Flower Shop

Lower Mhn **Harness Dog**
159 Prince St. (bet. Thompson & W. B'way)
212-226-1123
Other Goods

Lower Mhn **Panero NY**
513 Hudson St. (bet. Christopher & W. 10th St.)
212-727-2641
Other Goods

Upstate **Mother Garden**
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845-358-0100
Other Goods

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FOCUS * CULTURE

WELCOMING THE SPRING WITH GRACIOUS JAPANESE FOLK ART

In May 2005, back from two years in Tokyo and looking for the bits of Japan scattered in NY, I head to the Brooklyn Botanic Garden, thrilled to celebrate spring under the sakura trees. Walking on the soft grass, I am hypnotized by the shades of pink every petal offers. One thing only drags me out of the trees: a few yards away, on stage, the delicate dance of the flower hat mesmerizes the audience. Those 8 minutes go like a dream and I decide to pursue the experience beyond the garden.

The New York Hanagasa Kai (Flower Hat Dance Group) gathers every week, on the Lower East Side, around teacher-artist friend Momo Suzuki. A "hanagasa" is a hat decorated with artificial safflowers. In 1992, Ms. Suzuki founded the Japanese Folk Dance Institute of NY to promote and preserve traditional folk dances of Japan. For the past 17 years, an eclectic group of people slip into their colorful yukatas ("summer kimonos") to keep the customs alive. Speaking Japanese is not a requirement, but you will definitely learn some useful commands "Migi, Hidari, Mune o akete" ("right, left, open the chest") and blend into the joyful group. Stepping in without even knowing how to fold my kimono, I was instantly relieved to see how helpful and welcoming the group was. Three generations of Japanese ladies around me, I was all bundled up and ready to enter the march.

Ms. Suzuki explains that despite the obscure origin of the dances, they usually symbolize the hard work of countryside people: construction workers cheering each other in intense labor or blowing a soothing breeze with their hats, harvesters playing with their large umbrellas to implore the rain... The song is just another way of strengthening people's spirits by joining steps and voices: "Yassho, Makkasho!"

The original festival is held, since 1964, in Japan's Yamagata prefecture and sees an annual attendance of over a million visitors. Last year, our NY dancers traveled to Yamagata to participate in the jovial beat of the drums and the merry mood of the festival. The popularity of the troupe has earned them a celebrity status that the local news never missed in their reports!

The eclectic group of New York dancers came to Hanagasa Odori for various reasons. The Brooklyn Botanic Garden performance is a major catalyst for the youngest members eager to discover a century old tradition. Other members came to the group for more personal reasons: "I am a breast cancer survivor and I would never have imagined being able to dance in front of a crowd before. When I wear a kimono and participate in the dance, I feel stronger and healthier, I feel purified with life all over again. I want to dance for the cure." Everyone can enjoy the experience at a comfortable level: smaller children would probably prefer playing with the hats, where an experienced dancer will carefully adjust the angle of their umbrella and strike the most delicate pose.

As a tribute to the capital of the world, Ms. Shizuko Kato whispered the idea of spicing up the end of the performance with Frank Sinatra's "New York, New York" tune. What a beautiful setting, to see the flower-hats and umbrellas swinging in the air, and showing the audience that if they can swing it there, they can swing anywhere!

The ladies who gather every week are not running after fame or perfection. Each member finds deep well-being in the experience and shines with inspiration over their fellow dancers. With an open-mind and a tight kimono, it could also be up to you "Hanagasa New York, New York"!

—— Reported by *Ruth Berdah-Canet*

New York Hanagasa Kai

New York Hanagasa Kai will perform at Sakura Matsuri at Brooklyn Botanic Garden in May 2nd and 3rd.

Manhattan Class: Every Saturday from 12pm-1pm (intermediate) and 1pm-2pm (beginner) at Teatro LA TEA at the Clemente Soto Velez Cultural Center (107 Suffolk Street, 2nd Floor, Room 203)
Queens Class (children): Every Thursday from 4:30pm to 5:30pm at The Arts Cure Center (33-24 Northern Blvd., 3rd Floor)

info: www.japanesefolkdance.org
TEL: 212 982-6955

1- My unsuccessful attempt to blend in with the harmonious group! but don't be discouraged by my two left feet! **2**- Always graceful and smiling, Momo Suzuki leads her troupe. **3**- Positioning of the arms and hands are keys to becoming an expert Japanese Folk dancer. **4**- The Hanagasa top performers are ready to enchant you at the BBG on May 3rd

School Guide

The following is a list of schools where you can learn Japanese culture.

Coupon available at www.chopsticksny.com

LANGUAGE

Upper East — Musical Kids International — Japanese
1295 Lexington Ave (at 88th St.)
212-996-5898

Midtown West — Hills Learning — Japanese

Offering one to one Japanese lessons anywhere in the New York City Metropolitan Area. They have a variety of teachers, prices, and lesson packages to meet each student's individual needs. Visit their website for signup information and a $10 first lesson.
331 W. 57th St. (bet. 8th & 9th St)
646-340-4377 www.hillslearning.com

Midtown East — Amity Language Institute — Japanese
124 E. 40th St. #203 (bet. Park & Lex. Ave.)
212-697-8374

Midtown East — Japan Society — Japanese
333 E. 47th St. (bet. 1st & 2nd Ave.)
212-832-1155

Midtown East — Language House — Japanese
545 Fifth Ave., # 510 (at 45th St.)
212-949-5455

Midtown East — PC Tech — Japanese
317 Madison Avenue #630 (at Madison Ave)
212-808-4754

Chelsea — ABC Language Exchange — Japanese
135 W. 29th St. # 1204 (bet. 6th & 7th Ave.)
212-563-7580

Chelsea — Tenri — Japanese
43A W 13th St. (bet. 5th & 6th Ave.)
212-645-2800

Lower Mhn — NYCNOA — Japanese
273 Bowery St. Lower Level (at E. Houston)
646-334-7426

Upstate — Japan America Center — Japanese
81 Montgomery Ave. 2nd Fl. Scarsdale NY
914-723-7600

Upstate — Japanese Study Hall — Japanese
84 Calvert St. Harrison, NY 10528
917-607-2917

New Jersey — JAS of NJ — Japanese
304 Main St. 2nd FL Fort Lee, NJ
201-461-5133

TRADITIONAL

Upper West — Ikenobo Society NYC — Ikebana
30 W. 60th St. 6K (Columbus & Broadway)
212-757-6748

Upper West — Sogetsu Ikebono School — Ikebana
201 W. 70th St. (at Amsterdam Ave.)
212-873-6115

Upper East — Earthworks Pottery — Pottery
1705 1st Ave (at 88th St.)
212-876-6945

Upper East — Urasenke Chanoyu Ctr — Sado
153 E. 66th St. (bet. 3rd & Lexington Ave.)
212-988-6161

Midtown West — Ellie's NY Floral Design — Ikebana
15 W 44th St. 11th Fl (bet. 5th & 6th St.)
212-661-3696

Midtown West — New York Togei School — Pottery
5 W. 30th St. 3rd Fl (bet. 5th & Broadway)
212-268-1711

Midtown West — NIHONWASOU USA — Kimono
1410 Broadway #2111 (bet. 38th & 39th St.)
212-869-0500

Midtown West — The Nippon Club — Sado
145 W. 57th St. (bet. 6th & 7th Ave.)
212-581-2223

Chelsea — Oheshi Institute — Shiatsu

Ohashiatsu® is a therapeutic method based on Oriental medicine. High quality education since 1974. We offer six level certificate programs. M-1 year graduate and can be transferred from F-H for 6 years with an option of 6-month practical training upon graduation.
147 W. 25th St. (bet. 6th & 7th Ave.)
800-710-4190 www.ohashiatsu.org

West Village — Koho School of Sumi-E — Calligraphy
64 MacDougal St. (at W. Houston St.)
212-673-5190

Lower Mhn — Ikebana Flowers New York — Ikebana
173 Lafayette St., Suite 207
212-255-6766

Lower Mhn — Kampo Cultural Center — Calligraphy
31 Bowery St. (bet. Lafayette St. & Bowery)
212-226-3063

Lower Mhn — Kimisen Katade — Dance Music

Accomplished Hougaku (Traditional Japanese Music) Orchestra Director providing affordable Japanese Kabuki Dance & Music Lessons. Lessons available for Shamisen, Vocal, Japanese Drums and Dance in easily accessible locations. Multiple lessen locations in NY, LI, NJ.
226 Boulevard Glen Rock, NJ 07452
201-444-6511 http://sham sennyc.blogspot.com/

Queens — K-sui Shodo — Calligraphy
23-11 38th St. 2nd Fl. (23rd & 24th Ave)
718-278-0508

Japan — Ikebana International — Ikebana
info@ikebanany.org
212 724 7097

Japan — Ohara School of Ikebana — Ikebana
oharanyc@aol.com
646-314-9597

MARTIAL ARTS

Upper West — Kokushi Budo Institute — Karate
332 Rivers de Dr (bet. 105th & 106th St.)
212-866-6777

Upper West — Shorinryu Matsubayashi — Karate
131 W72 St. 2fl (bet. Amsterdam & Columbus)
212-875-8826

Upper West — Shotohan Karate-Do NY — Karate
2121 Broadway 4th Fl. (at 74th St.)
212-799-5500

Upper West — UWS Kenshikai Karate — Karate
828 Columbus Ave (bet 105th &106th St.)
917 291-0487

Upper East — Kaizen Karate Dojo — Karate
1580 Lexington Ave (at 101st St.)
212-828-5676

Upper East — NYC Kendo Club — Kendo
251 E. 74th St. 5th Fl (bet. 1st &2nd Ave.)
212-674-6181

Upper East — Ultimate Karate USA — Karate
1850 3rd Ave. 3rd Fl (at 107th St.)
212-426-4668

Upper East — WTKO Honbu Dojo — Karate
206 E 59th St (bet. 2nd & 3rd Ave.)
212-207-1907

Midtown West — Aikido of Manhattan — Aikido
80 W. 39th St. 3rd Fl (at 6th & 5th Ave.)
212-575-0151

Midtown West — KYOKUSHIN KARATE — Karate
294 5th Ave. 2nd Fl (at 30th St.)
212-947-3334

Midtown West — New York SATO DOJO — Karate
257 W. 38th St. 14Fl (bet. 7th & 8th Ave)
646-235-0293

Midtown West — Shinpukuhan New York — Karate
250 W 57th St. #529 (Broadway & 8th Ave)
917-400-8103

Midtown East — Kenshikaikan Karate — Karate
YMCA, 224 E. 47 St. (bet. 2nd & 3rd Ave.)
212-756-9600

Midtown East — N.Y. Shorin Ryu Karate — Karate
37 W. 26th St. #5 (bet. Broadway & 6th Ave.)
212-400-9600

Chelsea — Bond Street Dojo — Aikido
214 W. 29th St. 3rd Fl (bet. 7th & 8th Ave.)
212-477-0899

Chelsea — Eizanryu Jujitsu Biwako — Jiu Jitsu
214 W. 29th St. 3rd Fl (bet. 7th & 8th Ave.)
212-290-0827

Chelsea — Modern Japanese Karate — Karate
151 W. 26th St. 5th Fl (bet. 6th & 7th Ave.)
212-537-6441

Chelsea — New York Aikikai — Aikido
142 W. 18th St. 2nd Fl (bet. 6th & 7th Ave.)
212-242-6246

Chelsea — Shorinji Kempo NYC — Karate
151 W.26 St. 8Fl (bet. 6th & 7th Ave.)
917 721-6728

Chelsea — Tiger Schulmann's — Mix
39 W. 19th St. (bet. 6th Ave. & Broadway)
212-727-0773

Chelsea — U.S. Budo Kai-Kan — Karate
110 W. 14th St. 2 Fl (bet. 6th & 7th Ave.)
212-807-7336

Chelsea — World Oyama Karate — Karate
95 W. 31st St. 8Fl (bet. 5th Ave. & Broadway)
212-629-7708

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61 W. 23rd St. 2nd Fl (bet. 5th & 6th Ave.)
212-924-0511

West Village — New York Jiu Jitsu — Jiu Jitsu
168 Broadway Lower Level (at Reed St.)
212-343-8310

West Village — Shin-Budokai Honbu — Aikido
77 8th Ave. Lower Level (at 14th St.)
212-691-1378

East Village — Karate Honma Dojo — Karate
64 E 4th St. (bet 2nd Ave & Bowery)
646-436-0057

East Village — World Kenmikei Karate — Karate
4 W. 18th St. 3rd Fl (at 18th St.)
212-477 7228

Lower Mhn — Ken Zoo Institute — Kendo
54 Thomas St. (bet. Church & W.Broadway)
212-306-8104

Brooklyn — Aikido of Park Slope — Aikido
555 5th Ave. (at 15th St.)
718-788-5832

Brooklyn — Japan Karate Assoc — Karate
585 Fifth Avenue (at 16th Street)
718-768-5345

Queens — School of Taijutsu — Mix
475 Onderdonk Ave. Ridgewood, NY 11385
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30 Cottage Pl. Ridgewood NJ 07450
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Japanese Lesson #19

ありま す、います

arimasu, imasu

verb ?: There is (are)-

The verb "arimasu," which you'll learn in this lesson, is not a new word for you. It appeared in last month's lesson, but this time you'll get more familiar with the word, along with "imasu," and understand how to express the sense of existence in Japanese.

ima ni hon ga arimasu.
(There is a book in the living room.)
Niwa ni neko ga imasu.
(There is a cat in the garden.)

You should choose either "arimasu" or "imasu" depending on the subject you'd like to talk about. "Arimasu" is basically used with inanimate objects, such as a book, while "imasu" is used with living objects, such as the cat in the example above.

It is important to know that the particle for introducing a place should be "ni." "NI" is also the particle that you have learned to use for introducing a destination. Compare the following two sentences.

Tokyo ni tomodachi ga imasu.
(I have a friend in Tokyo.)
Tokyo ni tomodachi ga ikimasu.
(A friend of mine is going to Tokyo.)

These sentences sound quite similar but have completely different meanings, so you should be careful in using each verb.

Illustration by *Ai Takehayashi*

Let's practice "arimasu" and "imasu" more in the following conversation.
Takashi: **Ashita wa daiji-na shiken ga arimasu.**
(I have an important exam tomorrow.)
Tom: **Jaa, kyou wa isogashii desu ne.** (Well, you must be busy today.)
Takashi: **Hai. Kyou wa yakyuu no shiai mo arimasu.** (Yes. There is also a baseball game today.)
Tom: **Taihen desu ne.** (It's hard, isn't it?)
Takashi: **Hai. Demo, katei-kyoushi ga imasu kara, shinpai arimasen.**
(Yes. But I have a tutor, so there is no need to worry.)

NEW WORDS

niwa garden, yard **neko** cat **shiai** game, match
katei-kyoushi tutor—this is a combination of the words "katei" (home) and "kyoushi" (teacher)
taihen na. serious, terrible, hard, great, grave
shinpai worry

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As the first person to introduce modern European culture and society to Japan, Yukichi Fukuzawa is one of the most important and influential figures in establishing modern Japanese society after the Meiji Restoration (1867). Born into a lower-class samurai family in Nakatsu, Oita, he started studying Dutch when he was 14, but the cultural climate of the period prompted him to study English. Fukuzawa volunteered his services when the Tokugawa Shogunate government sent envoys to San Francisco and learned English very quickly. Afterwards, he visited Europe as a government translator. Based on his full experience of life outside Japan, he wrote *Seiyo Jijo* ("Condition in the West") and introduced new ideas to people who were feeling uncertain after the philosophical change of the Meiji Restoration. Fukuzawa was also interested in education and wrote *Gakumon no Susume* ("An Encouragement of Learning") and founded Keio Gijuku, now known as Keio University. His portrait has been on the 10,000-yen banknote since 1984.

Japanese Book Ranking *(data provided by Kinokuniya Bookstore)*

THE RISE OF SCHOOL MYSTERIES

HARDCOVER TOP 5 IN JAPAN (4/6-12)

	Book title	Author	Publisher
1	*Kokuhaku*	*Kanae Minato*	*Futabasha*
2	*Nihongo Nouryoku Shiken Juken Anna*	*N/A*	*Bonjinsha*
3	*Budda Saitan*	*Ryuhou Ookawa*	*Kofuku no Kagaku*
4	*Saigo no Parade*	*Masaru Nakamura*	*Sanctuary Publishing*
5	*Ayu no Deji Deji Nikki*	*Ayumi Hamasaki*	*Kodansha*

THE MONTHLY PICK

KOKUHAKU
At homeroom on the day of the closing ceremony, a female teacher points out a boy student as the murderer of her daughter. As the title Kokuhaku (Confessions) implies, this school mystery is told in monologues from six different perspectives, classmate, murderer, family of the murderer, etc. The winner of the Honya Taishou 2009
(Rank #1)

PAPERBACK TOP 5 IN JAPAN (4/6-12)

	Book title	Author	Publisher
1	*Meitantei no Okite*	*Keigo Higashino*	*Kodansha*
2	*Himawari no Sakanai Natsu*	*Shusuke Michio*	*Shinchosha*
3	*Koku no Jouou*	*Kaoru Kurimoto*	*Hayakawa Shobo*
4	*Rupan no Shousoku*	*Hideo Yokoyama*	*Kobunsha*
5	*Atama no Ii Setsumei Sugu Dekiru Kotsu*	*Mitsushige Tsuruno*	*Mikasa Shobo*

THE MONTHLY PICK

HIMAWARI NO SAKANAI NATSU
On the last day at school before summer vacation "I" was asked by my teacher to check on my classmate "S" who had taken the day off. What I found at his house was his dead body hanging from the ceiling. When I came back with the teacher and policemen, the dead body had disappeared, but instead the reincarnation of S started haunting me
(Rank #2)

PICKS FROM KINOKUNIYA NEW YORK (ENGLISH BOOKS)

BOTANDORO
DONALD RICHIE
The works stretch over the full length and breadth of Richie's multi-faceted life, but most of the stories are available for the first time here or were published in journals or venues which are hard to find today. Don't miss this collection of stories, anecdotes and observations that add to the literature covering the richness of Japanese culture and the contradictions of modern Japanese life.

A LIFE IN AIKIDO *KISSHOMARU UESHIBA*
Few martial arts legends have attained the stature of Aikido's Morihei Uesheba. He founded Aikido by refining the traditions of jujitsu, kendo and Shinto while studying the philosophy of all Japanese martial schools. Aikido seeks to dispel any aggression through harmony, thus ultimately promoting peace. Ueshiba's son Kisshomaru details the dramatic and often perilous life of this remarkable man from his youth in the turbulent Meiji era to his death in 1969

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Ai Kawashima 5/1

Ai Kawashima is a big star in the Japanese popular music world. She has also done the soundtrack for the "One Piece" on me movie release. Come to this rare opportunity at 5:30 PM to see her in person courtesy of Samurai Beat Radio!

SuperParaNatural Manga Day!! 5/17

A special multi-featured gala day hosted by New York Anime Festival and featuring panels and presentations by Del Rey Manga, Samurai Beat Radio and more! Enjoy presentations about those eerie, paranormal or spooky characters featured in manga lavorite currently available or coming. Don't miss it!

The 2nd Annual Cover Artist Contest

Cover Artist Wanted

Chopsticks NY™ is the first free magazine solely devoted to information about Japan related shops, restaurants, topics, and events in New York as well as dealing with culture, phenomena and trends in Japan. We are currently looking for a talented cover artist. Anybody can enter the contest. No experience required. We look forward to your fresh ideas, unique approach, and original view.

Entry Rules

Submission materials

1. A short essay explaining your approach to the cover of *Chopsticks NY™*
   Clarify how you think your artwork represents the concept of the magazine
2. A CD with sample images you would like to use for the cover
3. Your resume (Please mail all of the materials to the following address)

Trend Pot NY, LLC
Attn: Chopsticks NY Cover Contest
30 W. 26th St., 10th Fl. New York, NY 10010

Application deadline: May 15th, 2009 **No entry fee required**

Prizes

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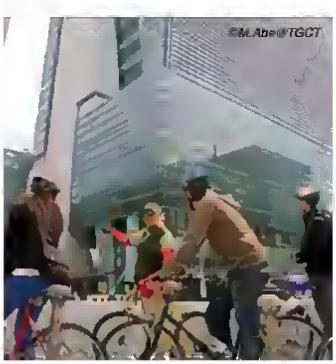
Experience Japan on Pedals

Flowers are all out, the sunshine is getting bright and warmer, and the fresh air feels nice. This beautiful weather is the blessing of Japan's spring and summer, and to maximize your stay this time of the year, push the pedals for sightseeing in major destinations in Japan. Bicycles present you pretty much the same sightseeing experience as local pedestrians, and more so when it comes to more popular and iconic landmarks. Tokyo and Kyoto, the two top Japan destinations in Japan for foreign visitors, can be easily cruised around with a rental bicycle.



Other than the nice spring weather, Japan's characteristic narrow streets and the compact urban zoning are also advantageous for bikers, and riding bicycles are one of the most common ways of commuting in Japanese cities. Hop on the bike seat and enjoy Japan from the local point of view, and take as much time as you need once you spot something interesting. Experience a different view of Japan from conventional guidebook sightseeing.

TOKYO

The world's most compact and condense city offers different entertainment to pedestrians/bikers than conventional mass transit tours. The city's web-like train system is fabulous, but you are definitely missing a lot of charm and small discoveries. Moreover, the recent public concerns for the environment motivates bicycle-friendly development in busy downtown districts. The city's streets are as winding and narrow as those in European cities! Once stepping into Tokyo's urban area, it is obvious that bicycles are the advantageous transportation.

Rental bicycles are becoming more available for tourists at hotels, inns and some retail stores. Enjoy dynamic Tokyo from the local's point of view and at your own pace.

TOKYO BIKE

In the prime central area of Tokyo, Tokyo Bike provides high-end BMW Cruise Bikes that are stable and safe on Tokyo's winding streets. At ¥2,000 (about $20) deposit and ¥2,000 per hour, ¥4,000 for 3+ hours up to 24 hours this sturdy bike is available to reserve, pick-up and drop-off at the concierge desk of Westin Hotel Tokyo (http://www.westin-tokyo.co.jp/, +81-(0)3-5423-7620) and Sky Bus (tour bus) (http://www.skybus.jp/English/index.html) ticket counter on the 1st floor of Mitsubishi Building in Marunouchi. For more information, go to http://www.hinomaru.co.jp/TokyoBike/index.html (Japanese only)

TOKYO GREAT CYCLING TOUR

Tokyo Great Cycling Tour offers English-speaking, one-day cycling tours in central and downtown Tokyo since 2006. From September 2008, they added more tours, visiting more landmarks in Tokyo. Their programs are only on weekends when traffic is reduced and streets made easier for biking. The one-day tour takes about 6 hours to visit charming neighborhoods with thriving local lives, Tokyo's newly developed waterfront areas, local quarters with historic landmarks and unchanged old neighborhoods, the world famous Tsukiji Fish Market, the Imperial Palace, Parks, shopping districts, Temples and Shrines. Kid seats, trailers and helmets are also available to rent for family participants. They strictly focus on visitors' perspectives, and their bicycle tours provide different points of view of Tokyo. Make an online reservation at www.tokyocycling.jp, and find out more about the programs and bicycle rental information as well.

MUJI YURAKUCHO

A sleek design store, Mujirushi-Ryohin, known as MUJI, is one of the shopping attractions in Japan after opening several stores in Europe, Asia and finally reaching the US market with New York locations that opened in 2007. One of the largest flagship stores in Tokyo, the store's birth place, is providing rental bicycle service. Located only steps from Tokyo's largest shopping district Ginza, MUJI Yurakucho store's rental bicycles are very convenient for a quick shopping or cycling experience through the side streets of this famous district. You can rent their signature bicycles that are famous for their high quality, sleek design and function at ¥3,000 (about $30) refundable deposit and less than ¥2,000 (about $20) per day. Bring your passport for ID, and they take reservations as early as 10 days in advance. For family tourists looking for an efficient Ginza shopping experience, MUJI Yurakucho also rents strollers. Enjoy MUJI's simple yet beautiful design products, and cruise around the neighborhood with their fashionable bicycle.

(http://www.mujiyurakucho.com/info/index.asp Japanese only)

SHITAMACHI TOWN CYCLE

Taito Ward is one of the districts in old Tokyo in downtown, and the municipal office is strongly promoting bicycle traffic to avoid traffic jams and for environmental conservation. It is true that bicycles are well appreciated in a highly populated area like Taito Ward, and since Taito Ward is one of the oldest neighborhoods with a lot of tourist attractions, bicycles are much more convenient for getting around without causing heavy traffic. In order to facilitate better bicycle usage, Taito municipal office started a rental bicycle program for residents who need quick transportation in the neighborhoods. Then why not for tourists? So they apply the same program for the Ward's tourist areas. Called Shitamachi Town Cycle (literally means downtown cycling), the program's bicycles are available at 14 inns and small hotels in the Ward, which are populated with foreign tourists. See http://www.city.taito.tokyo.jp/tosizukuri/jitensha/noru/index.htm for the list of the hotels inns and bicycle depots where rental bicycles are available (Japanese only).

KYOTO

Bicycles are also very appreciated and advantageous in Kyoto, where narrow streets are jammed with traffic during the high seasons, and finding a parking space just takes up everybody's vacation time. The slow traffic also runs up the taxi bills, and the Kyoto city bus, the fabulous lines connecting the majority of the historic landmarks, are packed with locals and tourists. Yet it is still too far to walk between multiple places. That is why a bicycle comes in handy for sightseeing and visiting tourist spots much more effi-

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ciently and flexibly. In addition, the charm of Kyoto's old street views is often in back streets and alleys, where cars hardly fit through.

Kyoto Cycling Tour Project (KCTP) is the largest rental bicycle network throughout the Kyoto city, so don't waste your time looking for a parking space. KCTP rents bicycles and conducts multiple English guided bike tours. KCTP has rental bicycle stations at four convenient locations to most of the popular landmarks in Kyoto, one in front of Kyoto Station, the main train terminal; one near Kinkakuji Temple (a.k.a. the Golden Pavilion), one in the central shopping district Nishiki-Kita, and Fushimi, the southern part of the city.

KCTP owns different types of bicycles, and their ¥100 Kyoto Cycling Map (about $1) is your tour guide while pedaling. Almost all tourist landmarks in Kyoto have bicycle parking areas for visitors on pedals, and depending on your travel schedule their bicycles are available to pick-up and drop-off at different stations. Go to www.kctp.net/en for bicycle types, rates, guided bike tours and online reservations.

— *Nori Akashi*, Public Relations Manager at the New York Office of JNTO

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KEEP IN MIND THE JAPANESE STREET RULES

Keep in mind that the street traffic runs on the left side in Japan (just like the UK). When riding a bicycle or crossing the street, be aware of the traffic direction. Also mind where to park the bicycle. Be kind to keep enough room for pedestrians and other traffic on narrow streets, particularly nearby areas to popular landmarks and public facilities.

You would immediately find that the Japanese streets are narrow and usually there is no bike lane. Take sidewalks, not sharing the traffic lanes with cars and trucks. But bikers always should pay attention to pedestrians because sidewalks are still narrow.

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Exhibition

Through May 17 FREE
Solo Exhibitions by Kaoru Hirano and Patrick Neu
KUMUKUMU Gallery
KUMUKUMU presents Kaoru Hirano and Patrick Neu in their first solo exhibitions in the United States. Hirano exhibits a new installation of unraveled women's underwear, exploring notions of personal history and the intersection of intimacy with public life. Neu exhibits three groups of drawings in various mediums, including watercolors of lilies, burned paper drawings on charred placemats, and delicate soot on crystal "drawings," replicating in miniature the religious iconography of Renaissance and pre-Renaissance paintings.
Location: 42 Rivington St. (bet. Eldridge & Forsyth Sts.)
New York, NY 10002
TEL. 212-677 5160 / www.kumukumugallery.com

Through May 18
Dream in a Contemporary Secret Garden: Mixed Media Works From 12 Asian Artists
Chelsea Art Museum

Gardens are a common subject in both Eastern and Western art, and its treatment has evolved into a poetic genre that displays many facets of nature such as plants, trees, flora and fauna. In this exhibition, 12 artists from Japan, Taiwan, Korea and New York address themes of Poetic Garden, Landscape in Motion, Wonderland, and Hidden Garden in relation to the New York City landscape and beyond. By using mixed media, themes of passion, drama, tragedy, exoticism, and eroticism will all be explored and created with a fascinating perspective of the landscape inside of the mind. One of the participating artists, KAORUKO, commented, "My artworks unveil hidden aspects of Asian women. You'd feel as if you are peeping at them through key holes." The exhibition is curated by Luchia Meihua Lee and Howard Chen.
Location: 556 W. 22nd St. (at 11th Ave.)
New York, NY 10011
TEL. 212 255 0719 / www.chelseaartmuseum.org

Through May 30 FREE
Recent Insects: Paintings and Works on Paper by Fumiko Toda
Safe-T-Gallery
Combining traditional themes of Japanese woodcuts with an exuberant 21st century sense of color and line, Fumiko Toda brings an original verve to her examinations of nature: how people view nature and how urban life and more pastoral visions collide. Brought up in rural Japan, she would often collect and take home the various insects found in the fields and ponds. The intricate beauty of these creatures re-immerges in her colorful prints and paintings. "Recent Insects" focuses on a recurring theme in Fumiko Toda's work.
Location: 111 Front St., Suite 214, Brooklyn, NY 11201
TEL. 718 782 5920

Through June 14
KRAZY! The Delirious World of Anime + Manga + Video Games
Japan Society
KRAZY! will be New York's first major show dedicated to the Japanese phenomenon of Anime, Manga, and Video Games—three forms of contemporary visual art that are exercising a huge influence on an entire generation of American youth. The exhibition, organized by the Vancouver Art Gallery, will be presented in an environment designed by cutting edge architectural practice Atelier Bow-Wow, featuring life-size blowups of popular figures from the worlds of anime and manga within an intriguing sequence of spaces that evoke Tokyo's clamorous cityscape. Co-curated by leading North American and Japanese specialists, KRAZY! will give visitors a direct experience of new forms of cultural production and offers fresh insight into the interdependence of three art forms of the future.
Location: 333 E. 47th St., (bet. 1st & 2nd Aves.),
New York, NY 10017
TEL. 212-715-1258 / www.japansociety.org

Through June 27 FREE
The Recent Works of Yayoi Kusama
Gagosian Gallery
To celebrate Yayoi Kusama's eightieth year, Gagosian Gallery presents an exhibition of her recent works. For this exhibition, Kusama has conceived some astonishing new works, such as Aftermath of Obliteration of Eternity (2009), a mesmerizing "infinity room" that operates on a system of simple, yet ingenious optical devices. Titles of recent figurative paintings reflect a preoccupation with mortality as well as with enlightenment, solitude, nothingness, and the mysteries of the physical and metaphysical universe.
Location: 555 W. 24th St., (bet. 10th & 11th Aves.)
New York, NY 10011
TEL. 212-741-1111 / www.gagosian.com

Through December FREE
Voices of the Vanquished: Censored Print Publications from Postwar Japan, 1945-1949
Hornbake Library at University of Maryland
The immediate postwar years were a turning point in Japanese history and laid the foundation for Japan as we know it today. Inspired by Embracing Defeat: Japan in the Wake of World War II by John Dower, Professor of History at the Massachusetts Institute of Technology, this exhibit of materials from the Gordon W. Prange Collection explores the postwar period from various vantage points –from politics to culture to everyday life. Diverse Japanese voices are expressed in the books, magazines, and documents displayed.
Location: College Park, MD 20742
TEL. 301-405 0800

April 28 - May 23 FREE
"Exotic Japan" Photography Exhibition
Michi Salon
Haruhisa Yamaguchi, an accomplished photographer is influenced by "oiran", the fashionable women in the red-light district in Edo period, who led the style of that period and were often depicted in ukiyo-e. His new exhibition, "Exotic Japan", revives the beauty and alluring nature of

the kimono culture through stunning photography at the gallery space provided by Michi Beauty Salon. The opening reception will be held May 4

Location: 208 E. 60th St. (bet. 2nd & 3rd Aves.)
New York, NY 10022
TEL. 212 752-9229 / www.michiusa.com

April 30-May 3
Ikenobo Ikebana Exhibition "Flowers Spring Glow Tints"
Ikenobo Prof. Noda & His Students
Ikebana, Japanese style floral arrangements, originated with Ikenobo, and its long history now encompasses both traditional and modern styles. Ikenobo Professor Noritaka Noda, Ikenobo NYC Chapter Vice-President, and his students will create a variety of Ikenobo Ikebana, ranging from traditional to modern styles

Location: Metropolitan Museum of Art, Sackler Wing Japan Gallery (1000 5th Ave. New York, NY 10028)
TEL. 212 839-5692 / nn@norinodonyc.com

May 7-15 FREE
Light It Up—Explore Light, Art, and Space
Salomon Arts
Salomon Art Gallery presents an exhibition of three local NY artists Eiji Sumi, Eabrice Covelli, and Tomohiro Kato, on interior lighting and illumination. The three lighting design artists illustrate in their work innovative approaches of art design to contemporary lighting. The exhibition showcases their application of modern designs to art, light and space including installation, paintings, and more. Appointment required for visit. The opening reception will be held on May 7th from 6pm to 9pm

Location: 83 Leonard St., 4th Fl., (bet. Broadway & Church St.)
New York, NY 10013
TEL. 212-966-1997 / 917-202-2349
www.salomonarts.com

Performance

April 30
"Rakugo" in New York with English Subtitles
New York Rakugo-Kai
Rakugo, sit-down comedy storytelling, is a form of popular entertainment which has been enjoyed by the Japanese since the 17th century. In rakugo, a solo performer brings scores of characters vividly to life in tales punctuated by various tones of voice, gestures, facial expressions and a characteristic punch line. At this special performance, Sanyutei Kyoraku and Sanyutei Jinraku, from the Enraku family of Edo Rakugo, will perform the traditional Rakugo stories as well as their own new creation with English subtitles.

Location: Japanese American Association of New York (15 W. 44th St. 11th Fl., New York, NY 10036)
TEL. 212-840-6942
Ticket reservation: 347 200-8762 (Tsuyoshi Muramoto)
ayrukugokai@gmail.com

May 17
Salon Series No. 34 Gagaku and Ancient Songs of Japan
Sachiyo Ito & Company
"The Salon Series" is a series of informative and educational lectures, lecture-demonstrations and performances on the performing arts of Japan, held three times a year. In this 34th event, Tenri Gagaku Music Society of New York will play music and songs from 7th to 10th century Japan including Imayo and Roei. Sachiyo Ito & Company will perform Kashin, which is choreographed by Sachiyo Ito

Location: Tenri Cultural Institute (43A W. 13th St., New York, NY 10011)
TEL. 212 627-0265 (Sachiyo Ito & Company)
www.dancajapan.com

May 22, 29, & 30
Adios NY! See You Later, Alligator! -Pagoda Girl 5
Yuriko Hoshina
NY based Japanese singer/actress Yuriko Hoshina will star in the one-woman musical comedy cabaret show, Adios NY! See You Later, Alligator! This hilarious and moving show will be the finale show of a "Pagoda Girl" series, which is about a girl who is too polite for America, and yet, too outspoken for Japan. The fictitious character who was created by Yuriko based on her experience. The show will be performed mainly in English with a little bit of Japanese for spice

Location: Don't Tell Mama (343 W. 46th St., New York, NY 10036)
TEL: 212-757-0788
info@yunkohoshina.com / www.yurikohoshina.com

Lecture/Forum/ Film/Festival

May 1 & 18
Mizoguchi and Ozu in BAMcinematek Series "The Late Film"
BAM
"The Late Film" series is a collection of the late films of the 24 world greatest directors. A great director often reaches a point, towards the end of a long career, when he works completely at his own pace. These films can be among the most complex and interesting in a body of work, often approaching signature themes from new angles, as illustrated in this series of late films by master directors. As part of this series, *Street of Shame* (1956) by Kenji Mizoguchi will be screened on May 1, and *Good Morning* (1959) by Yasujiro Ozu on May 18

Location: 30 Lafayette Ave., Brooklyn, NY 11217
www.bam.org

Event Feature

May 1-10

Introducing New Yukata Collection by Shiorian

Kiteya

In modern society in Japan, people wear western style clothes more often than the Japanese traditional kimono. While a kimono tends to be considered formal and something for special occasions, yukata, cotton-made kimono for summer season, is worn on more casual occasions and more frequently. Especially in summer festivals, yukata is must-wear clothing for heightening the festive mood

For ten days, from May 1 to 10, Kiteya introduces the new yukata collection from Shiorian, which is made by artisans in Kyoto, providing customers an opportunity to choose their favorite from untailored yukata fabric with a wide variety of patterns and order their own yukata. Shiorian produces hand-dyed cotton, which comes in various patterns from classic to modern. Each pattern is a work of art and has its own name. For example "Kage Aki Kusa", whose name comes from words used for Japanese traditional poems, depicts flowers flickering in the autumn breeze and their reflecting shadow. Obtaining yukata for the summer will surely make you feel closer to the Japanese culture

During this event, Kiteya will take custom-made orders by measuring body sizes for the female and child customers. Catalogue orders are available for male customers

KITEYA
464 Broome St. (bet. Mercer & Greene Sts.)
New York, New York 10013
TEL. 212-219-7505 / contact@kiteyany.com / www.kiteyany.com

May 5
Lecture: Lovesick Japan: Stories of Intimacy from Courts to Keitai (Cell Phone) Novels
Japan Society
From the hottest cell phone novels to complex legal opinions to international sex surveys, stories of widespread dissatisfaction with romance and intimacy in contemporary Japan abound. Dana Goodyear, poet, journalist and the author of the New Yorker article "I ♥ Novels," and Mark West, Nippon Life Professor of Japanese Law at the University of Michigan, discuss their latest research into this "crisis of intimacy."
Location: 333 E. 47th St., (bet. 1st & 2nd Aves.), New York, NY 10017
TEL. 212 715 1258 / www.japansociety.org

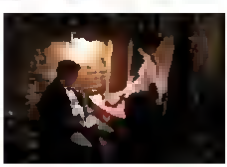
May 16
Language Exchange Workshop
The Japanese-American Society of New Jersey
Language Exchange Workshop is a monthly gathering where Japanese-language learners and Japanese English-language learners mingle for mutual cultural understanding and language exercises. Participants engage in group work on a specific topic, and each group gives a presentation at the end of the workshop. This workshop offers you a good chance to improve your language skills. Free for members and $10 for non-members.
Location: 304 Main St., 2nd Fl., Fort Lee, NJ 07024
TEL. 201-461-5133 / www.jasnjny.com

May 19
Lecture: Without Koji There is No Sake—Annual Sake Tasting
Japan Society
Koji-making is the heart of the sake brewing process. Koji is steamed rice onto which a special mold has been grown, with great precision and skill, that converts starches to sugars, which in turn are fermented to yield alcohol. Making good koji requires precise regulation of temperature and moisture, and nothing has a greater impact on the final flavors and aromas of sake. Like much of sake brewing, koji-making is more art than science. Sake expert John Gauntner discusses the art and science of making koji, what it is, the myriad ways it can be accomplished, and how tiny changes to koji can result in major differences in sake flavor.
Location: 333 E. 47th St., (bet. 1st & 2nd Aves.), New York, NY 10017
TEL. 212 715 1258 / www.japansociety.org

Events

May 3
10th Annual Cherry Blossom Festival
White Plains' 10th Annual Cherry Blossom Festival will be held at Turnure Park in White Plains on May 3 from noon to 5pm. There are a number of activities and workshops planned to be enjoyed by the whole family, including origami, a kimono demonstration, tea ceremony, and musical performances. Also this year, bamboo artists from Kumamoto, Japan will demonstrate their creative craftsmanship. Along with the activities, you can enjoy Japanese foods provided by Daido W. P., Sakuraya, and Matsuki Restaurant.
Location: Turnure Park (20 Lake St., White Plains, NY 10603)
**Rain date location: Delfino Park (Ebersole Ice Rink) (110 Lake St., White Plains, NY 10603)*
TEL. 914 774-3187

May 4
Sake With Ceramic Tasting Event
Makari
Makari, a Japanese antique store located in the East Village, is presenting a new and rare opportunity for all sake tasting lovers at the Japanese sake bar. Sake Hanal Experience the difference in taste depending on the type of ceramic used with several recommended sake flavors. There will be 3 different types of Japanese ceramics, 2 of which are a traditional pottery style: Hagi ceramic and Iga ceramic, and the other is an antique cup. This offer is open to 10 individuals and reservations are required. Makari will also have these ceramics for sale with a 10% discount for those who attend this event.
Location: Sake Hana (tasting event venue)
265 E. 78th St. (bet. 2nd and 3rd Aves.), New York, NY 10021
Makari (store)
97 3rd Ave. (bet. 12th & 13th Sts.), New York NY 10003
TEL. 212-995 5888 / www.themakari.com



May 9, 22 – 24, 30
Anime & Game Events: Tournament [redacted] and Cosplay Karaoke
Anime Castle
Street Fighter IV Tournaments will be held in the Mineola location on May 9, and another one on May 22 at the Flushing location. Double elimination rules will be applied and the Grand Prize Winner receives a free PS3 or XBOX 360 game. Anime Screening Day will be held on May 30 at the Mineola location, and May 23 at the Flushing location. There will be a $10 cover charge for food, drinks, and a raffle ticket. The Raffle winner will win a DVD. Anime screening TBA. Finally, on May 24, the Flushing location will host an Anime and Karaoke Day. Contestants will be judged on cosplay and karaoke performance. Grand Prize Winner will receive a super cool prize!
Locations:
Anime Castle Mineola
77 Searing Ave., Mineola, NY 11501
TEL. 516-214-4484 / www.animecastle.com
Anime Castle Flushing
35-32 Union St., Flushing, NY 11354
TEL. 347 438 1296 / www.animecastle.com

May 18-23, 25-30 FREE
Japan Brand Pop-Up Shop
Felissimo Design House
This two-week retail shop features artisan-crafted products from Japan, with a focus on regional spirit and practical beauty. Items for sale include textiles, glassware, ceramics, cast-iron cookware and incense. Opens 11am-6pm. Email chopsticks@felissimo.com to receive information on a public events program.
Location: 10 W. 56th St. (bet. 5th & 6th Aves.), New York, NY 10019
TEL. 212-956-4438 / chopsticks@felissimo.com
www.felissimo.com / www.japanbrand.net/english/index.html

May 30 FREE
Sake Tasting Event
Nishimoto Trading Co.
Nishimoto Trading Co. is bringing this year's special sake tasting event into the heart of Tribeca! More than 80 brands from the world's finest sake and shochu distillers will be on display, as well as a variety of new and exciting flavors. Professional's only and advanced registration is required. You must be at least 21 years of age or older to attend this event.
Location: Megu Japanese Restaurant
62 Thomas St. (bet. W. Broadway & Church St.), New York, NY 10013
TEL. 201 804-1600
nishimotosake2009@gmail.com
www.megunyc.com

Happenings

Japanese Food Fairs at Mitsuwa in May
Mitsuwa Marketplace
Mitsuwa will bring an array of Japanese food fairs in May. May 8-10, they will celebrate Mother's Day by featuring sweets and cakes from Italian Tomato. The store front

will be filled with scrumptious sweets including special flavors being introduced exclusively for this event at discount prices May 15-17, tofu will be highlighted. NJ local tofu producer Kyozen-An will promote organic tofu and other tofu-products such as fresh yuba (tofu skin) and age-dofu (fried tofu) May 21-31, temaki sushi (sushi roll) will be featured when they exhibit photo panels explaining how to make temaki sushi as well as selling ingredients for temaki sushi at reduced prices Mitsuwa shuttle bus runs from the Port Authority every hour on weekdays and every 30 minutes on weekends Also, if you'd like to receive a bi-weekly Mitsuwa flier by mail, apply by emailing your name and home address

Location: Mitsuwa Marketplace
595 River Rd., Edgewater, NJ 07020
TEL. 201-941-9113 / newjersey@mitsuwa.com

New Izakaya Menu and Free House Sake for Chopsticks NY Readers

Supercore

7-year old Japanese café, Supercore located in Williamsburg, Brooklyn has started a new Izakaya menu, which includes yakisoba, soboro over cabbage and takoyaki. They are also offering 5 different kinds of Japanese sake, 4 kinds of sake cocktails and a special sake tasting menu. Until the end of May, a complimentary house sake (125ml) will be given for Chopsticks NY readers who mention this article (1 per group)

Location: 305 Bedford Ave., Brooklyn, NY 11211
TEL. 718-302-1629
http://supercore.tv

$3 Green Tea Sampler and Special Seasonal Tea

Den's Tea

Den's Tea, a prestigious tea trader with over 90 years of history in Japan, is dedicated to supplying the most authentic green tea in America. For those who are new to the world of green tea, the Green Tea Sampler for Novices introduces a fine selection of samples from their most popular line of loose tealeaves. It includes Sencha Fukamidori, Genmaicha Extra Green and Houjicha Gold flavors as well as Sencha Fukamidori and Genmaicha Extra Green gourmet tea bags along with informative booklet for $3. Also, Den's Tea special "Shincha" tealeaves, which are manufactured from the new harvest of the year, are available now for a limited time only. So, don't miss this great opportunity to try the most natural tasting tealeaves straight from Japan!

TEL. 877-DENSTEA (336-7832)
www.DENSTEA.com

10% Discount for First Timers

New York Electrolysis Office

Specializing in unwanted hair removal and with over 10 years of highly-trained experience, New York Electrolysis Office, located in Union Square, is now offering a 10% discount for first timers until the end of May. Session rates are 15min for $50, 30min for $70, 45min for $90, and 60min for $105. Call via phone or email for a free consultation and be sure to mention Chopsticks NY to receive this discount.

*There were two errors regarding the session rates in Chopsticks NY April issue. Please note that they have been changed and corrected in the description above.

Location: 853 Broadway, #1816 (bet. 13th & 14th Sts.)
New York, NY 10003
TEL. 917 210-4388 / www.electrolysisny.com

Be Healthy with Organic Lunch

Souen Organic Ramen

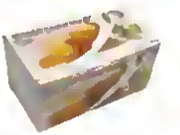
The new macrobiotic-themed ramen house Souen Organic Ramen has recently introduced their lunch special menu. They serve Organic Ramen Set for $10, for which you can choose one ramen from Wakame Ramen, Scallion Stamina Ramen and Mucho Vege Ramen with one side dish (choice of Sauteed Garlic Greens, Green Salad, Onigiri, Steamed Vegetables or Greens, and Maze Rice). Other lunch dishes also highlight well-being conscious food including Macro Plate, Broccoli Tofu and Pad Thai Soba. You'll be fueled with healthy food for the rest of the day.

Location: 326 E. 6th St. (bet. 1st & 2nd Aves.)
New York, NY 10003
TEL. 212-388-1155 / www.souen.net

Get 9 Packages of Diet Cookies with a Purchase of 1 Box

Kenkou USA, Inc.

The Soypal Cookies produced and distributed by Kenkou USA are the necessary tools for "soymilk cookie diet" which is extremely popular in Japan. They are having a campaign offering 9 packages of soypal cookies for free if you purchase 1 box (9 packages, $49), which is equivalent to 50% off. The 9 packages include all three flavors, original, sesame, and chocolate. Mention Chopsticks NY or type code CS5 to redeem this special offer when you order the product over the phone or online. Kenkou USA also offers other special discount programs. For details, check their website.



Location: 3480 Torrance Blvd., Suite 221, Torrance, CA 90503
TEL. 1-888 769-6569 / www.soypal.com

Introducing Healthier Miso-Base Dressing

Marukome USA Inc.

Marukome Japan's premier maker of fine miso products has recently released miso-based dressing in the US market. Miso is well known for its health benefit, and Marukome successfully empowers it by incorporating sunflower oil, which is superior to lowering cholesterol and abundant in anti-oxidant agents. The dressing comes in three flavors, original, vinaigrette, and raspberry.

Location: 17132 Pullman St., Irvine CA 92614
TEL. 949 863-0110 / www.marukomeusa.com

Restaurant Discount for Chopsticks NY Readers

Avenue A Asian World

Formally known as Avenue A Sushi with 20 years in business and Mini Thai Café next door, have now joined together to become one whole restaurant, Avenue A Asian World. Starting this month they are offering a special 15% discount to all Chopsticks NY readers who bring in the ad on page 26. Enjoy the unique vibe and authentic cuisine from both Japanese and Thai restaurants and don't forget to bring the ad to take advantage of this special discount!

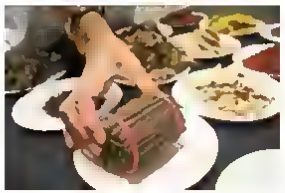
Location: 103-105 Avenue A (bet. 6th & 7th Sts.)
New York, NY 10003
TEL. 212-982-8109 / 212 533-2928

Check Up Your Body by Eastern Medicine

Ido Holistic Center

Analyzing health conditions from the Eastern medicinal point of view opens a whole new horizon to your approach to your own body. Ido Holistic Center provides check up and consultation service from the Eastern herbal medicine viewpoint. Also called "kampo" Eastern herbal medicine is effective for physical and mental problems unique to females such as PMS, menopause, fibroid, sterility as well as helpful for migraines, allergy, constipation, etc. Until the end of May, they are offering a 30-minute check up

and consultation session for $20 (reg $80) Along with the check up, they will advise you on your diet-plan and make suggestions for your lifestyle improvement. You may purchase the herbal medicine they suggest on-site.
9 E. 45th St., 8Fl (bet. 5th & Madison Aves.), New York, NY 10017
TEL. 212-599 5300 / www.herbjapan.com



New Flavor Ramen
Kambi Noodle House
Kambi Noodle House, known for their wide variety of different flavored ramen, just introduced a new "tsuke-men" style ramen that is perfect for the up and coming warmer seasons. "Tsuke-men" is where you have two separate bowls, one for the noodles and one for the soup - you dip the noodles into the soup for flavor. Kambi's new dish is called, Cold "Hot & Sour" Tsuke men ($12), and it is served cold and is chili spiced and soured with Kambi's signature chasyu, a boiled egg, and mushroom toppings. So, why not drop by Kambi's this season to help beat the hot weather?
Location: 351 E. 14th St. (bet. 1st & 2nd Aves.)
New York, NY 10003
212-228-1366 / www.newyorkramen.com

In-Store Events In May
Kinokuniya Bookstore
May 1, Ai Kawashima will appear live, introducing her new single and album Daijobu dayou and Singlebest, hosted by Samurai Beat Radio. She will also talk about creating the soundtrack for the theatrical movie version of 'One Piece' as well as her work as a character voice in the same movie. On May 10, Tattoo Art Book Display Fair begins and runs into June. Origami Jewelry Making Demonstration featuring Ayako will take place on May 16. Finally, May 17 will be "SuperParaNatural Manga Day"! A special multi-featured gala day hosted by New York Anime Festival and featuring panels and presentations by Viz Media, Yen Press, Del Rey Manga, Samurai Beat Radio and more about those eerie, paranormal or spooky characters featured in some of the most popular manga currently being published.
Location: 1073 Ave. of the Americas (bet. 40th & 41st Sts.)
New York, NY 10018
TEL. 212-869-1700

Complimentary Cocktail for Chopsticks NY Readers Bonus During Three Happy-Hour Services
Japonais New York
Upscale Japanese-fusion restaurant in Gramercy, Japonais New York, currently offers three different happy hours and serves selected dishes and drinks at reduced price. "Lunching Hour" features $7 appetizers, including crab cake (reg $18). Lobster Spring Rolls (reg. $12) and choice of two maki rolls, along with $4-selected beer and specialty cocktails. During "Tasting Hour", you also can enjoy $7-appetizers and $4-beer and cocktails, plus $7-sandwiches. For wine lovers, "Wine Down Mondays" is recommended when you can enjoy selected wines from their extensive global wine & sake list at half price. In addition to these offerings, Chopsticks NY readers receive a complimentary cocktail during these happy hours until the end of May. In order to redeem this offer, mention Chopsticks NY.
Location: 111 E. 18th St. (bet. Park Ave. & Irving Pl.)
New York, NY 10003
TEL. 212-260 2020 / www.japonaisnewyork.com

Complimentary Clay Esthe Pack With Full Straightening Treatment
RH Plus
RH Plus is introducing a new straightening treatment that has a more natural look than your average pin-straight hair. During the month of May, they will give you a complimentary Esthe Pack (reg. $28) along with each straightening. The Esthe Pack is an aftercare treatment product that helps sustain beautiful hair by cleansing the scalp while giving your hair a much healthier boost of rich vitamins and minerals. Be sure to take advantage of this special offer and get healthy, great looking hair.
Location: 805 3rd Ave., 2nd Fl. (bet 49th & 50th Sts.)
New York, NY 10022
TEL. 212-644-8058 / www.rhplusny.com

Garden Dinner at Sachiko's and New Sunday Special Menu
Sachiko's On Clinton
As it gets warmer and the daytime lingers longer, you'll have a chance to enjoy the sunlight and exquisite dinner in the backyard garden of Sachiko's On Clinton. Sunday is especially great when they open the garden at 5pm, 30 minutes earlier than usual. Also, they're introducing Sunday exclusive Donburi Specials, which include Maguro Don, Seafood Don, and Steak Don ($15). For those who are weekday-diners, they continue serving Sushi for Two (22 pcs.) for $44 on Tuesdays and Thursdays as well as bi-weekly live performance on Wednesday.
25 Clinton St. (bet. E. Houston & Stanton Sts.)
New York, NY 10002
TEL. 212-253-2900 / www.sachikosonclinton.com

Spring Promotion Discount Offer for Color and Anti-Aging Treatment with Haircut
Yui Salon
Yui Salon, in Greenwich Village, is offering two separate discounts for the month of May. Get 10% off of the total price from their haircut with color menu, which includes both women's and men's haircuts along with single processing color and partial or full head of highlighting. They are also offering 15% off of the total price from their haircut and anti-aging menu, and list a variety of different treatments to choose from including deep cleansing, head spa with 3-point shiatsu massage, and salon conditioning. Offer will end on May 31.
Location: 323 W. 11th St. (bet. Greenwich & Washington Sts.)
New York, NY 10014
TEL. 212-647 9303 / www.yuisalon.com

Special Anniversary Dinner for $35
Inagiku
Firmly rooted in the traditions of Japanese cuisine, Inagiku, located at the Waldorf-Astoria Hotel, is celebrating its 35th Anniversary. To commemorate, they offer a surprising 5-course dinner served for $35 until the end of May. Along with dinner, a special service (to be announced on the website) will also be available. Be sure to check out the website for more specific details at www.inagiku.com/en.
Location: 111 E. 49th St. (bet. Park & Lexington Aves.)
New York, NY 10017

Special Discount on Japanese Kitchenware
Seito Trading
Seito Trading has been supplying fine Japanese kitchenware products for professional and home use since 1990 and they are now offering a 10% discount to all Chopsticks NY readers! Included in their extensive supply of items are Japanese knives, rice and soup bowls, teacups and pots, sake bottles and cups, bento boxes, plates, rice cookers, and much more. Be sure to look for the 10% discount coupon located at the Chopsticks NY website to take advantage of this special offer!

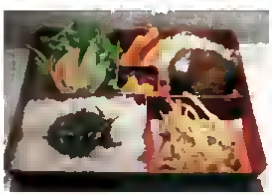
Location: 52-45 11th St., Long Island City, NY 11101
TEL: 718-472-5413

Try Assorted Japanese Tastes at Go's Newly Introduced Lunch Service

GO Restaurant

Serving sushi and Japanese comfort foods in a casual atmosphere, Go attracts many East Villagers. The restaurant has just introduced lunch service from Wed. to Sun. from noon, allowing customers a chance to enjoy assorted Japanese comfort food. "Lunch Combination" ($9.45) includes udon noodle, green salad, and choice of mini chirashi, salmon & ikura don, unaju, and tekka don (tuna sashimi over rice). "Special Bento Box" ($7.95) allows you to choose the main from salmon teriyaki, shioyaki, hamburger steak, saba shio, chicken katsu, pork katsu, and potato croquette. Other reasonable options are soba noodles for $5.50 and up and donburi for $6.50 and up. For those who spice up their meal, they offer "sake & beer combo" during lunch and dinner, which allows you to get Sapporo (16 oz) and sake (6oz) for only $5.

Location: 30 St. Marks Pl. (bet. 2nd & 3rd Aves.)
New York, NY 10003
TEL: 212-254-5510



Boost Your Energy With "Wafu Chuka" and Complimentary Draft Beer

Sabun

Sabun, which serves unique "wafu chuka" (Japanese style Chinese), has started offering an energy-boosting combination; you'll get a complimentary draft beer if you order Unagi special for $9 (reg. L$16 / D$18) on Tuesday and Hiyashi Chuka for $9 (reg. L/ D$13) on Wednesday. Unagi (eel) is known for increasing stamina and Hiyashi Chuka (cold Chinese noodle) really refreshes your mind and body. Keep your power level high in the middle of the week. The restaurant has also introduced a 4-course Sunday Special for $18.

Location: 168 Lexington Ave. (bet. 30th & 31st Sts.)
New York, NY 10016
TEL: 212-481-7766 / www.sabunny.com

Eat Big and Pay Less! Introducing Lunch Set Specials

Mumon Restaurant

The new Japanese restaurant in Garden City, Mumon, has just introduced healthy lunch set specials, which allow you to sample their signature tastes at reasonable prices. Set #1 includes your choice of chicken, salmon, or shrimp dish along with vegetable tempura, fresh garden salad, miso soup, and chef's choice sushi roll and onigiri (rice ball), and it costs only $12 (Shown below). Set #2 features beef steak. It comes with fresh garden salad pickled vegetable salad, four-piece chef's choice sushi, garden vegetable miso soup and onigiri ($18). Set #3 is sushi lunch set with marinated cooked fish, fresh vegetables, miso soup, vinaigrette seaweed salad, four-piece chef's choice sushi, chef's choice sushi roll, two-piece sashimi and handmade pound cake ($18). Fill yourself up with various healthy dishes.

Location: 1300 Franklin Ave., Garden City, NY 11530
TEL: 516-747-3388 / www.mumonrestaurant.com

Happenings Feature

Recipe for Inspiration

The Ministry of Agriculture, Forestry and Fisheries of Japan

To promote the rich variety and high quality of Japan's food products, the Ministry of Agriculture, Forestry and Fisheries of Japan held a food event for professionals "Recipe for Inspiration-Quality Ingredients from Japan" on March 24. The first half of the event was full of lectures by intellects, celebrated chefs such as David Bouley as well as food business leaders such as Mr. Kiyoshi Miyake from Hyoshoku Co. Ltd., Japan's largest cultivator of yellowtail. The second half provided participants an opportunity to explore the possibility of Japanese ingredients by presenting cooking demonstrations by non-Japanese chefs followed by tastings.

entertainment ★ special interview

THE NEW SPICE IN AMERICAN STAND-UP COMEDY

Back in 1988, not even Rio Koike would have believed that he would one day have a wasabi-like existence in the world of American Stand-up Comedy, a world that would seem a bit dull without him now. Back then, he was too busy winning 2nd place in the 1988 California Ballroom Dance Competition. Now a successful Stand-up comedian who's appeared on shows such as NBC's "Last Comic Standing" and Comedy Central, it seems that whatever he touches turns to gold, although reality is never that easy. But it is his stories of his trials and errors as a Japanese foreigner in America that are capturing the hearts of comedy lovers here. We were able to sit down with him to ask about the behind-the-curtain stories of his success and his views on his role in the industry.

What made you want to try Stand-up Comedy?
It all kind of happened by chance. One day I saw that there was this stand-up comedy seminar offered at a local performing arts studio which I took on a whim. At the time, I was a dancer. It wasn't my intention originally to get a laugh at all, but it turns out I got a huge laugh, and that's when it started.

What was the joke you performed?
It was about the toilet sheet, the paper you put on the toilet seat so your bottom doesn't get dirty. It was based on my own blunder with this thing. Ten years ago when I came here, such a thing didn't exist in Japan, so I didn't know how to use it, so I talked about my disastrous experience. I know it's not the most refined topic of conversation, but I did my best not to make it sound so disgusting. I believe the teacher used the word "cute" to describe my act. My English wasn't that good, but at the time, because I was the only one that got a laugh, I was thinking "Wow, I don't have to speak English to do this!", which of course was, I learned later, not true. But I didn't fully realize my messed-up English, at the time, was a big factor for the laughs. Afterwards when they were shouting "you killed!!", I freaked because I didn't know about that expression. But getting all those laughs then made me want to do it again. I had the urge to do it until I really, really flopped.

When did that come?
Almost immediately after.

What does it take to become a Stand-up Comedian?
Well, I had to intern for about five years at a comedy club. I cleaned dishes, cleaned toilets, mopped the floors, all for a chance to perform at the very end of the show for about 3 minutes for something like two people in the audience. Apparently many American people quit because they think there is nothing to benefit from those conditions, but I never noticed, so I kept going for five years. I hear that some one has yet to break that record. And the only reason I stopped was because of the chance to appear on that NBC show "Last Comic Standing" in 2005. If it wasn't for that, that record may still be in counting. (laugh)

At the time the show aired, you were the only comedian who wasn't a native English speaker, and yet you were able to capture the audience in this very American genre. Why do you think that is?
You know, I think that if I didn't start in New York, it never would have happened. I think that the audience in New York love things that are different. But sometimes I feel like the industry uses me like I'm a spice or something. I've appeared on African-American comedy shows, Latin American comedy shows, and shows where everyone is Caucasian. My manager never puts me in an Asian comedy show. Maybe it doesn't exist. But often times, I have to go first. Imagine the reaction when I appear on stage when the title of the show is African American Comedy Night. It creates a very puzzled atmosphere in the air. I still don't know why they do that. But that has really toughened me up in a way.

What would be the biggest difference with the Japanese comedy scene and the American Stand-up Comedy.
In terms of the humor, many people say that there is a huge difference between Japanese humor and American humor, but I honestly don't really feel it. But from a comedian's point of view, I think there is a difference and the most noticeable one is that Japan is a country that makes it impossible to flop. I mean people do to a certain extent, but because American comedy sort of goes to the extreme, there is a bigger challenge, and with a bigger challenge, when you mess it up, you flop that much harder. Compared to that, I think Japanese comedy is relatively safe, so you don't flop as hard.

After turning pro in 2005, Rio has been primarily active in the NY Stand-up Comedy circuit, but frequently travels all over the states to perform his act, and has gained a national following.

What's changed in the last several years you've been doing comedy in America?
I think one of the biggest differences that I see is that people here started to recognize Japan as it's own entity and China as it's own entity and identify them to be different instead of putting it all in one category as Asia. I have a bit in my act where I say that an audience from the last show mentioned they had been to Japan, so I ask "where", and they go "Beijing". People didn't get this joke before, I guess because Asia was Asia to most people. Now there

is more awareness of that part of the world I guess, so people find that joke funny now. So number one, the audience changed. Number two, expectations are much higher. Now that I'm a pro, the audiences are not so forgiving. No matter where I am from, they expect a certain quality, and it took me a number of years to realize that being able to speak English correctly is crucial, and that poor English is nothing but a handicap in this industry. However, it does help in my case to have this accent. When my English started to get better, I tried making it worse. The thing is, it's impossible. I'm already a non-native speaker so I can't make it any worse. So I just have to be who I am. But learning the correct pronunciation and stuff was very hard and it still is.

So what other things are on your plate now?
Well, I'm doing this internet TV show now on Comedy Central. It's about learning English. The thing about this show is that even though I'm supposed to be Japanese, they don't let me speak Japanese on it. It requires a great deal of English skills so that almost killed me.

Was there an audition for it?
Yeah there was. The requirement was that you had to be able to speak English eloquently, and that you had to be sexy. [laugh] I had gone through other auditions before that called for nerdy characters or funky characters or people with really poor English, so this was something different, and I thought to myself, "man, it'd be so cool to pass this audition", and I did, unexpectedly.

Anything else on the horizon?
Not really. It'd be great to do a movie.

What kind of character do you think they'd hire you for?
A Japanese guy. But I know for sure they won't let me speak Japanese. From my experience, in the most shows that are casting for a Japanese guy, the guy has to speak perfect English. It makes no sense. I fall in this weird place in the industry. Maybe I should shave my head and I can be a funny monk.

Oh, so you're going with funny? What about a serious character?
I can't see what kind of appeal I would have in a serious role. But if the job comes, I'll take it.

Comedy central's atom com, "American English with Jimmy T

Rio Koike will star on American English with Jimmy T, an internet TV show on Comedy Central home page. The show provides a rare opportunity for non-native English speakers to get familiarized with "well-used-but-not-included-in-textbooks" phrases. It is scheduled to air sometime in spring.
www.comedycentral.com

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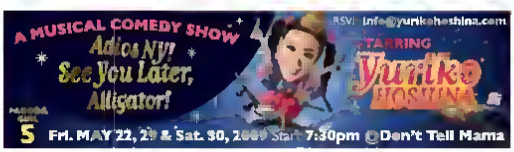
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What on Earth?

ゴールデン・ウィーク

GOLDEN WEEK

For Japanese people, "GW" stands for neither "George Washington" nor the former President of the United States but for "Golden Week." It refers to consecutive holidays starting in late April and lasting through early May. The period is crammed with national holidays. "Showa no Hi" (the Showa Emperor's birthday) on April 29, "Kenpou Kinen Bi" (Constitution Day) on May 3, "Midori no Hi" (Green Day) on May 4, and "Kodomo no Hi" (Children's Day) on May 5. If people combine these holidays with the regular weekend and take an extra day off, they can enjoy a long break. This year, for example, if a person takes off on April 30 and 31 or May 7 and 8, he is able to have eight or nine consecutive days of vacation.

The word "Golden Week" comes from movie industry jargon and used to refer to times when ticket sales soared, such as the summer and New Year's holidays. But the movie industry is not the only business that benefits from Golden Week. It is the busiest season for the travel and hotel industries. One reason for this is the nature of the holiday, compared with two other big holiday seasons, o-bon (a summer holiday) and o-shougatsu (the New Year's holiday), Golden Week is not based on ritual events, so people do not have strong pressure to return home for family gatherings. In this respect, people tend to have more freedom to choose how they spend the holidays and are more likely to travel for pleasure. The other reason for the link between Golden Week and the travel/hotel business is the climate. Situated between cold winter and the muggy tsuyu (rainy season), the months of April and May offer the most beautiful weather of the year. Unlike other holiday seasons, it's neither too cold nor too hot. It is absolutely perfect for leisure.

The most popular foreign destinations are Hawaii and South Korea. Since these two places are relatively close to Japan, they require less traveling time and less airfare. Also, Hawaii and South Korea both have many attractions, events, and services concentrated together in tourist-friendly areas, so visitors can enjoy sightseeing to the fullest in only a few days. These two locations meet all the criteria for choosing Golden Week destinations: "an-kin-tan," meaning "cheap, close, and short." As for domestic destinations, Japanese still love Tokyo Disneyland and Tokyo DisneySea. Also, Hokkaido, the northernmost island, attracts many tourists because spring is the best season for appreciating its magnificent natural beauty.

Similar to other holiday seasons, Golden Week creates a nationwide traffic jam. According to the Japan Road Traffic Information Center, the worst traffic jams during Golden Week 2009 are expected on May 2 and 6.

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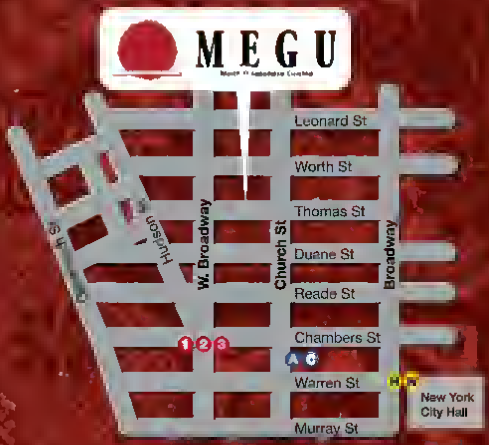

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